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Food, Page 1C



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VOLUME 20, NUMBER 6

WEDNESDAY, JANUARY 24, 1996

FIFTY CENTS



(Staff photo by JOHN FRESE)

Teachers receiving awards from Illinois Power Company were honored with a luncheon at Gerry's Cafeteria on Jan. 12. Recipients included, front row from left, Deborah Milton, Mitchell School third-grade teacher; Dina Trimpe and Linda Badger, both Prather third-grade teachers; Elizabeth Hall, Niedringhaus sixth grade; Ruth Noeth, Frohardt second grade; Barbara Vraber, Harris fourth; back row from left, Robert Lenhardt, Blair second; Troy Dunlap, Harris School Title One math; Jane Isenburg, Worthen School gifted fourth graders; Karen Revelle, Marshall second grade; and Lori Silva, Grigsby seventh grade. Illinois Power Customer Relations Manager Jim DeVore, back row far right, made the presentations, handing out checks for the teachers to use to improve their classes.

Teachers show creativity

Schools get special grants

Local students will learn about the life cycle of a butterfly, dissect frogs, meet with pen pals from St. Louis and learn to read via computer as a result of 12 competitive grants awarded by Illinois Power.

Granite City school teachers received nine of the \$100 grants, while three educators in Madison will utilize the awards, distributed earlier this month.

There were more than 1,500 applications for the 330 grants awarded in IP's 15,000-square-mile service area. Projects were screened and selected by members of the Delta Kappa Gamma Society, a professional organization of educators.

"The teachers in the Granite City area have demonstrated a lot of creativity, based on the volume and nature of the applications we received," said Jim DeVore, an IP customer relations manager.

The variety of projects rewarded demonstrate that creativity.

In Granite City, Ruth Noeth, a second grade

teacher at Frohardt Elementary School, received a grant to obtain Wiggly Works for Wee Readers, a CD-ROM designed to help slow readers utilizing a Macintosh LC580 computer.

Carol Chappell, a fifth grade teacher at Lake Elementary School, will utilize IP funds to arrange a meeting between her current students and her former students at Our Lady of Good Counsel School in Bellefontaine Neighbors. The meeting will be at the Bowling Hall of Fame in St. Louis.

Deborah Milton, a third grade teacher at Mitchell Elementary School, will utilize grant funds to obtain a balance and volume containers so that students can practice hands-on mass and volume measuring skills.

Elizabeth Hall will oversee the construction of two butterfly homes in the outdoor classroom for a butterfly garden. The sixth grade class at Niedringhaus Elementary School began the garden

(See GRANTS, Page 6A)

Woman dies in accident

By Nicole Vaughn
Staff writer

Collinsville police were considering charges Monday against a Granite City man who allegedly fled the scene of a fatal car accident on foot Sunday night. The 25-year-old driver and a passenger in his truck were questioned early Monday and released, Police Chief John Swindle said.

"We have talked to the two people that (allegedly) left the scene," Swindle said. "While we do expect charges to be filed, we want to continue the investigation first."

Diana L. Martin, 43, was killed and Kenneth W. Myers, 40, was seriously injured when their 1988 Ford Mustang was struck by a 1978 Ford F-150 truck

(See ACCIDENT, Page 6A)

2 help man escape fire

By Bob Slate
Staff writer

Two "good Samaritans" helped an elderly man escape his burning home unharmed Monday night in Eagle Park Acres.

Claudia Curtis, 63, and Willie Mae Davis, 64, helped Willie Salmend from his home in the 100 block of Carver Street just after 5 p.m. Mon

(See FIRE, Page 6A)

City workers rallying around cancer patient

By Bob Slate
Staff writer

"Street department, Wayne." For the last five years, residents calling for service at the Granite City street department have been greeted with that telephone greeting.

Wayne Angle, a 15-year veteran of the street department, knows the city. He is able to evaluate information given over the telephone, prioritize needs and dispatch workers.

And even when your sewer pipe is backing up, Angle has the ability to make you smile.

"He's a good PR man. He knows what's going on outside and he can solve a lot of problems over the phone. He makes the foremen's job a lot easier," Street Superintendent Jerry Lakin said.

In 1993, Angle was diagnosed with cancer. After undergoing extensive chemotherapy and a bone marrow transplant, the cancer was in remission for six months.

But a relapse has required Angle to

once again take massive doses of chemotherapy.

"He's a loyal employee," Lakin said. "He doesn't miss work except when he takes chemotherapy and can't come. A lot of times he probably shouldn't be here. But he comes."

"He's just a good guy that something bad has happened to. It shouldn't, but that's not for us to say."

Chemotherapy is expensive and time consuming. Angle has exhausted his sick leave, vacation time and resources.

Angle is married to the former Sharon Jones and has four children. To help defray the cost of medical bills, city employees have planned a benefit beer and chicken dinner and dance to be held Feb. 17 at St. Gregory's Armenian Hall.

(See ANGLE, Page 2A)



Angle

Achievement nominations sought

Nominations for the 1996 Women of Achievement awards — co-sponsored by KMXX-AM (1190) and the Suburban Journals — will be accepted until Jan. 31.

This is the 41st year that women who have made an impact in the community will be honored as Women of Achievement. The awards are given annually to 10 women who have made a significant difference through service or leadership.

To obtain a nomination form, call (314) 821-1110, ext. 107; or pick up a form at the Suburban Journals office at 1714 Deer Tracks Trail in Town and Country.

The nomination form includes all the necessary information. Please do not send attachments, photographs or publications. Forms must be returned by 5 p.m. Jan. 31 to: Women of Achievement, c/o Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo., 63131.

The 10 women selected will be honored at a luncheon May 8.



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5 FULLER'S FORECAST
John Fuller, Chief Meteorologist, KSCW-TV Channel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
38° 25°	37° 25°	47° 28°	32° 22°



Marching — Father Craig MacMahon of Alton shares a hymn sheet with Odilon Gallego of the Missionary Oblates of Mary Magdalen in Godfrey while taking part in the March for Life in Granite City Saturday morning. At right, Roger Foppe of Breese holds a poster stating his view. After attending Mass at St. Elizabeth's Church in Granite City, marchers assembled at Civic Memorial Park, marching in silence from there to the Hope Clinic for Women, where they recited the rosary and sang hymns.



(Staff photos by JOHN FRESE)

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Jailer locks door on 22-year career

A familiar face is missing today from the Madison County Jail, but there has been no escape.

Capt. James "Eddie" Newsome retired from the Madison County Sheriff's Department Friday after seven years as jail superintendent and more than 22 years with the department.

"I'm sorry to see him go," Sheriff Bob Churchich said. "He's been an asset to me. He's held problems down to a minimum in the jail. He's a good administrator."

Newsome, 50, of Venice, said he has mixed emotions about retirement.

"I've worked in every division here. It's been very enjoyable," he said.

Newsome began as a patrol officer and later worked as a detective and patrol commander before becoming jail superintendent. He is believed to be the first black officer to hold the jail superintendent post, and was the first black to serve as a detective in Madison County.

The jail position was a learning experience, he said.

"I had been putting people in jail and more or less forgetting about them," he said. "Here, I have to look out for their welfare and see that their rights aren't violated."

"It's a different side of the coin. The lawsuits bothered me a little bit, but I haven't lost one yet."

Newsome said he is exploring another job opportunity related to law enforcement.

—From the Alton Telegraph

Directory lists sources of help for violence victims

Oasis Women's Center in Alton is among agencies helping domestic violence and sexual assault victims listed in a new statewide directory unveiled Thursday.

About 25,000 copies of the directory will be distributed to law enforcement organizations, prosecutors, judges, hospitals, universities, community organizations and local offices of the Department of Children and Family Services, Department of Public Aid and Department of Public Health.

Sexual Assault Victims First in Collinsville, which serves parts of Madison and St. Clair counties, also is listed.

The directory is a joint effort of the State Attorney General's Office and the Chicago Metropolitan Battered Women's Network.

"More than 60,000 women report being victims of domestic violence and sexual assault every year in Illinois," Attorney General Jim Ryan said. "This directory makes a milestone in helping victims become survivors."

"For the first time in our state's history, when a woman reaches out for help, a provider can turn to this directory and know exactly what services are available to accommodate this woman's specific needs."

Posters supplied with the directories advertise a new statewide hot line that victims of domestic abuse can call for referrals to local agencies. The hot line, (800) 600-HELP, is operated by an agency in Chicago but can be called from anywhere in the state.

Victims often remain in destructive relationships because they don't know what help is available or where to find it, Ryan said.

Oasis has three full-page listings in the new directory, offering services for domestic violence victims, sexual assault victims and counseling for abusers.

—From the Alton Telegraph

•Angle

(Continued from Page 1A)

Tickets are \$10 per person and available at the street department or the main fire station.

A trust fund has also been established. Donations may be sent to: Wayne Angle Benefit Fund, Central Bank, 5303 Nameoki Road, Granite City, IL 62040, attention Jenny Dippie.

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Crime up slightly in Madison

By Scott Cousins
Staff writer

The city of Madison had a four percent increase in crime last year, while arrests jumped 14 percent, according to police department figures.

The figures were given to city council members at last week's meeting.

According to the report, 8,453 offenses were reported during 1995. Police made 2,322 arrests, for a clearance rate of 41 percent.

Chief Steve Skoklo said the large number of arrests showed that officers were working very hard — especially because the department was short-handed for much of the year.

He said the 41 percent clearance rate was "about average."

Police averaged approximately six arrests per day, he said.

"For as long as we worked short-handed, it was an excellent effort," he said. "That means they were out there humping pretty hard."

"We've got a lot of guys who know their job," he added. "And the numbers reflect that they didn't give up during the year."

Reports listed the number of offenses compared to 1994, and also the percentage of increase or decrease.

Skoklo cautioned that many of the categories showing large percentage increases had very few actual incidents. As an

example, he said criminal sexual assaults rose 75 percent from 1994, but the actual numbers increased to seven from four.

Police reported no homicides in Madison in 1995; there was in the previous year.

In that case, a woman police said was a drug addict gave birth to a still-born child. Although classified as a homicide, Skoklo said the Madison County State's Attorney's office declined to prosecute.

Other changes were:

• Criminal sexual assaults rose 75 percent, to seven from four.

(See CRIME, Page 8A)

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Edgar to meet with both sides on energy bill

Gov. Jim Edgar is planning several meetings with both sides on proposed legislation that would end state financial incentives for wood-to-energy plants such as the proposed Metro East LLC plant in Madison.

Meanwhile, both supporters and opponents of the Madison plant and the Polsky Energy Corp. project in Wood River continue their efforts to influence Edgar's decision.

Supporters of the plants are asking for Edgar to use his

amendatory veto powers to grandfather in those plants that have already been approved for siting.

Siting for the Madison plant was approved by the city council in September, but opponents filed an appeal with the Illinois Pollution Control Board. Hearings on that appeal were held Jan. 8, and both sides must now submit briefs. Final action on the appeal will be in early March.

If completed, the Madison plant and an adjoining fuel

processing plant would provide about 80 jobs and double the tax base of the city and school district.

However, local environmentalists and residents of the adjoining Cloverleaf subdivision have opposed the development.

Environmentalists claim the plants would increase local cancer and death rates because of the emissions, and that jobs created would cost taxpayers approximately \$180,000 because of tax breaks

for power plants.

On Monday, Edgar spokesman Eric Robinson said the governor had not made a decision yet and his staff was still reviewing the legislation.

"We're going to be meeting with a lot of people on this issue," he said.

Asked about the legislation Friday during a news conference, the governor would only say, "We're reviewing it."

"There's always rumors. We're reviewing it and I

wouldn't read anything one way or another into that," Edgar cautioned.

Lawmakers passed the repeal of the 1988 retail rate law incentives for incinerators producing electricity on Jan. 11, the day after Edgar advocated the repeal in his State of the State speech.

Edgar has 60 days in which to take action on the bill, and staffers who serve on his bill review committee are expected to meet with representatives of both

supporters and opponents of the legislation before advising Edgar.

Rep. Steve Davis, D-Bethalto, who has been leading an effort to persuade Edgar to amendatory veto the bill, said he and Sen. Evelyn Bowles, D-Edwardsville, will seek a meeting with Edgar this week.

"I think as long as the governor is in the review process, we still have hope and we certainly hope he takes our concerns into consideration," Davis said Friday.

Davis said more than 2,000 messages from residents seeking an amendatory veto to save the incentives for the Wood River project have been faxed to Edgar's office and another 500 were passed out Thursday at the River Bend Growth Association awards meeting.

Davis said Monday that he did not know how successful the letter and fax campaign has been.

"It's hard to tell; he (Edgar) has been very noncommittal," Davis said.

However, George Arnold, president of the Madison County Conservation Alliance, said opponents of the proposed incinerator in Wood River and another wood-to-energy plant proposed in Madison are also continuing to contact the governor.

Arnold, of Edwardsville, estimated that at least 200 area opponents have contacted the governor's office urging him to sign the total repeal of the incentives.

Under current law, utilities are required to purchase power generated from the waste burning plants at the retail rate charged the local community.

However, since that is typically two to four times the utilities' own cost of producing power, the utility is given a reimbursement for the difference through a state utility tax credit.

Kathy Andria of Stop Polluting Illinois, a local environmental group, said the group was also writing letters to Edgar and passing out informational fliers.

(From the Alton Telegraph with information provided by Scott Cousins)

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But the really, really good secretary is a rare breed. He or she is willing to go to that extra mile to make sure everything runs smoothly — not just at the office but also for the boss' personal life.

As part of our monthly "Best Bet" feature, where we seek the best of a particular category, we're asking readers of the *Granite City Press-Record* and *Granite City Journal* to vote for their favorite secretary.

Nominations for Best Bet can come from any community in the Granite City coverage area, including Madison, Venice, Pontoon Beach, Mitchell and Brooklyn.

To vote, call 344-2340 before 5 p.m. Wednesday, today. You will be asked to leave a recorded vote.

Please include the name of the person you think is the best secretary, as well as where he or she works. After you've voted, hang up and your vote will be recorded.

Please limit your voting to once per day. The winner will be announced in the Feb. 1 edition of the *Press-Record*.

**CORRECTION
NOTICE**

ON PAGE 3 OF THE SEARS THURSDAY, JANUARY 18 ADVERTISING SECTION YOU MAY HAVE RECEIVED, THERE IS A PRINTING ERROR. THE SONY #3206 CASSETTE PLAYER (MFR. #XR-2100/1) ON SALE FOR 99.99 IS INCORRECTLY DESCRIBED AS BEING A CD PLAYER. WE REGRET ANY INCONVENIENCE THIS MAY HAVE CAUSED OUR CUSTOMERS.

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Bathon's office is honored again

Madison County Auditor Fred Bathon's office has received another national award. The achievement award from the National Association of Counties recognizes the county's budget variance reporting system. Bathon last year received an award from the

Government Finance Officers Association for excellence in reporting financial information to the public. The latest award "recognizes the innovation and creativity of our office in developing a comprehensive budget analysis system," Bathon said.

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Couples are urged to attend.

Kevin Konzen, MD, cardiologist
Feb. 12, a 7 p.m.

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Dr. Konzen will discuss
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Couples are urged to attend.

To register for either seminar, call 798-3201, before Feb. 1.

SEMC's Speakers Bureau helps area residents, schools, parent groups, employers, clubs and civic and professional organizations unravel the complexities of today's health and sometimes, nonmedical issues, at no cost.

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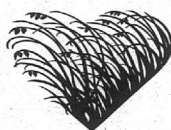
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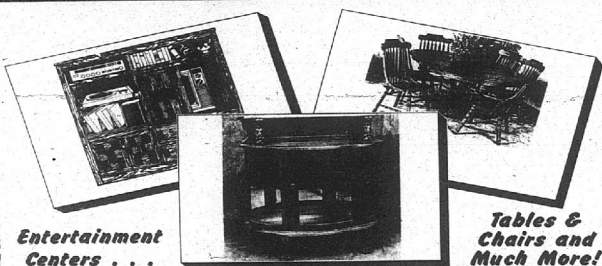
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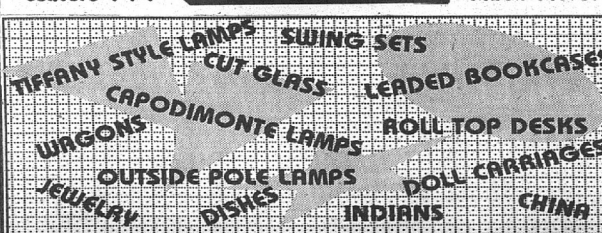
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POSTAL NOTES

Your mailbox could become a ballot-box.



Voting by mail is an idea whose time has come. In December, the State of Oregon held the nation's first statewide vote-by-mail congressional primary election. And, it has been used since 1977 for local issues and elections.

In every case, the same good things happened.

Election costs can be as much as \$1 million lower, because there are no polling personnel to pay, no space to rent, no polling equipment to transport and set up.

It's secure and reliable, with no evidence of fraud, ballot-tampering or undue influence in fourteen years of use. Signatures on mailed ballots are checked against each voter's registration signature, a double envelope keeps the ballot secret, and, of course, all the criminal penalties for mail fraud and tampering apply to mailed ballots.

Voting by mail also increases voter participation—it broke all records in Oregon. It gives voters plenty of time to make a decision. It eliminates waiting in line to vote, and the problems that keep people away from the polling place, such as bad weather, age or physical handicaps. Voter participation has topped 90% in some contests.

Such results are gratifying to us at the U.S. Postal Service. If voting by mail works in Oregon, why not in other states, or even nationwide? We're glad people trust us to deliver their vote, and like the idea of bringing the ballot box and the voter closer together.

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1091 S. State St. 157, Collinsville, Illinois 62422 (1/2 mile north of I-270 on Rt. 157)
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FREE
DELIVERY

Senior menus

Donations for noon meals are \$1.75. Call a day ahead for reservations, 877-4373.

Wednesday, Jan. 24
Barbecued chicken, macaroni and cheese, tossed salad, green beans, wheat bread, apple sauce.

Thursday, Jan. 25
Chili with beans, cole slaw, apple juice, crackers, pineapple tidbits.

Friday, Jan. 26
Hamburger, homemade vegetable soup, bun, peach cobbler.

Monday, Jan. 29
Fried chicken, whipped potatoes, gravy, Brussels sprouts, wheat bread, chocolate ice cream.

Tuesday, Jan. 30
Barbecued beef, oven browned potatoes, carrots, bun, sliced pears.

Calvin Johnson CARE CENTER



PAULA HARRY & COLLEEN SEAMAN

**Families Are Our Business
and have been
For Over 25 Years!!!**

The decision to place a loved one in a nursing home is sometimes more difficult for the family than it is for the resident. We understand this and are here to help.

We believe that after you visit Calvin Johnson Care Center and see for yourself the love and caring attitudes of our staff that you will feel confident and secure in your decision to place a loved one in our care.

We are available if and when you need us. 24 hours a day. 7 days a week. Please call and let us help ease your worries. Ask for Paula Harry or Colleen Seaman and see for yourself, OUR BOTTOM LINE IS CARING.

*Twice the caring
Twice the commitment
To you*

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(Staff photo by JOHN FRESO)

Jimmy Stevens, right, as Applegate, looks back on his work after introducing Joe Hardy to Lola, played by Mike Halbrook and Tracey Petrillo, in a scene from "Damn Yankees."

Laura's Service Specials

We've Extended The Hours
In Our Parts & Service Department To Service You Even Better!
Monday - Friday: 7:30 a.m. to 7:00 p.m.
Saturday: 7:30 a.m. to 12:30 p.m.

WE GIVE YOU A CHOICE EVERY DAY!

"Quick Lube" Plus
29 minutes or the next one is free!
Includes up to 5 quarts of Mr. Goodwrench 5W30 motor oil, A.C. oil filter and chassis lubrication
\$18.00

"The Works" +
Includes the regular Mr. Goodwrench "Quick Lube" Plus, plus a 30 point Safety & Maintenance Inspection
* 28 minute guarantee does not apply.
\$18.00

BASIC TUNE-UP
4 cylinder **\$44.99**
6 cylinder **\$49.99**
8 cylinder **\$54.99**

MAJOR TUNE-UP
4 cylinder **\$129.99**
6 cylinder **\$149.99**
8 cylinder **\$159.99**

Expires 2/15/96

SENIOR CITIZENS SAVE 10% EVERY THURSDAY
DOES NOT APPLY TO ADVERTISED SPECIALS.

Parts and labor are warranted for 12 months or 2,000 miles, whichever occurs first.

Mr. Goodwrench SERVICE HOURS
Monday - Friday: 7:30 a.m. to 7:00 p.m.
Saturday: 7:30 a.m. to 12:30 p.m.

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'Damn Yankees' on GCHS stage

Baseball in January?
The Granite City High School speech department is starting spring training early this year with its production of the hit Broadway musical, "Damn Yankees."

The play will be performed Thursday and Friday, Jan. 25-26, at 7:30 p.m. in the high school auditorium. Tickets are \$4 and available from cast members or at the door.

"Damn Yankees" is set in the 1950s and centers around Joe Boyd, a middle-aged, dedicated Washington Senators baseball fan. After watching his beloved Senators lose again to the New York Yankees, he says that he'd sell his soul for a long-ball hitter for the Senators.

Enter Applegate, who offers to make Boyd's dream come true by turning him into a star ballplayer named Joe Hardy. The pact calls for Joe to turn his soul over to Applegate at the end of the season.

"Damn Yankees" is directed by Mary A. Bright of the GCHS speech department staff.

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WEEKS
ONLY

THREE YEARS NO INTEREST



SAVE BIG ON ALL FURNITURE AND FLOORCOVERINGS

SUCH NAME BRANDS AS:

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VIRGINIA HOUSE
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ARMSTRONG VINYL
BRUCE HARDWOOD
CONGOLEUM
CABIN CRAFT
CERAMIC
MANY, MANY OTHERS

Subject only to your good credit! You can buy all the fine furniture, carpet and bedding you want. Spread out your payments up to 36 months with absolutely NO interest or finance charged! There is a \$499 minimum purchase and this offer does not apply to prior purchases. A minimum down payment is required plus all sales tax and floorcovering labor.

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- 24 Hour Telephone & Electronic Banking
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350 Hartman Lane,
Just South of Highway 50

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Saturday, January 27

9 a.m. to Noon

Bring the Kids!

Register to win Savings Bonds! Free Gifts!

Entertainment -

Clown and Caricature Artist!

Balloons!

Refreshments!

Stop by and say Hi!



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Saturday,
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27th

9 a.m. to
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Obituaries

Donald Adams

Donald R. "Bulldog" Adams, 68, of Plainview, Ill., formerly of Granite City, died at 1:22 p.m. Saturday, Jan. 20, 1996, in the emergency room at St. Elizabeth Medical Center, following a two-year illness. He was born July 2, 1927, in Venice and had been a resident of Granite City for 40 years prior to moving to Plainview 10 years ago.

A crane man with Granite City Steel for 32 years prior to his retirement in 1961, he was a World War II U.S. Army veteran and of the Catholic faith.

Survivors include his wife, Annabelle M. (Moore) Adams, whom he married Jan. 18, 1947, in Granite City; five sons, Donald A. Adams of Hillsboro, Clifford G. Adams of Granite City, James S. Adams of Willis, Texas, John D. Adams of Kane, Ill., and Matthew W. Adams of Plainview; two brothers, Frank Adams of DeQueen, Ark., and Michael G. Adams of Marietta, Ga.; two sisters, Beatha Elliott of Apple Valley, Calif., and Diana Lee Means of Sorento, Ill.; and five grandchildren.

He was preceded in death by his parents, Ralph and Gladys (Adams) Adams; two brothers, Thomas and William Adams; one sister, Dorothy King; and one grandson.

Services are at 11:30 a.m. today, Wednesday, at Mercer Mortuary, 1416 Niedringhaus Ave. in Granite City, with the Rev. Robert DeGrand officiating. Burial will be in Jefferson Barracks National Cemetery in St. Louis County.

Memorials are requested for the American Cancer Society.

Diana Martin

Diana Lee (Osborne) Martin, 43, of Granite City died at 8:10 p.m. Sunday, Jan. 21, 1996, in Collinsville. She was born March 7, 1952, in Alton.

Mrs. Martin was a homemaker. Survivors include three sons, Steve and Dave Martin, both of Missouri, and Tom Martin of Collinsville; one daughter, Virginia Martin of Collinsville; three brothers, Clarence Osborne of Dupu, Dalmir Osborne of East St. Louis and James Osborne of Collinsville; three sisters, Mable Hunt, Elaine Hart and Juanita Lorenz, all of Collinsville; and four grandchildren.

She was preceded in death by her parents, Lloyd and Virginia (Avery) Osborne.

Visitation is from 5 to 8 p.m. today, Wednesday, at Herz Funeral Home, 501 W. Main St. in Collinsville, where services are at 1 p.m. Thursday with the Rev. Roger Wright officiating.

Memorials to the family of Diana Martin are suggested.

Donald Williams

Donald Lee Williams, 56, of Troy died at 7:09 a.m. Friday, Jan. 19, 1996.

•Accident

(Continued from Page 1A)

on Horseshoe Lake Road, about ¼-mile east of Interstate 255 at 8:30 p.m. Sunday.

Police reports listed an address in the 4000 block of Braden in Granite City for both Martin and Myers.

Shortly after the crash, Martin was pronounced dead at the scene by a Madison County coroner. Myers was taken to Anderson Hospital in Maryville and was later transferred by helicopter to St. Louis University Hospital.

Listed in satisfactory condition Monday morning, Myers underwent surgery at SLUH Monday afternoon.

Police combed the area for several hours Sunday night in search of the suspects, both of whom had abandoned the truck at the scene. Swindle declined further comment about the incident.

The Illinois Vehicle Code requires that accidents involving injury should be reported immediately if the person responsible is physically incapable of reporting the injury.

It is a felony offense to violate that requirement. The Secretary of State can revoke the license of drivers convicted of such an offense.

Milestones

"Bud" Caffrey Sr. celebrated his 73rd birthday Jan. 14.

Tracey Lynn Edwards celebrated her 23rd birthday Jan. 17.

Sarah Demaree celebrated her ninth birthday Jan. 20.

Philip Brinker celebrated his 23rd birthday Jan. 21.

Michael Hildreth celebrated his 34th birthday Jan. 21.

Henry and Mary Jean Mann celebrated their 40th wedding anniversary Jan. 21.

Morris Hughes celebrated his 33rd birthday Jan. 22.

Kelsey Bosworth celebrated her 19th birthday Jan. 22.

Jeannette Svoboda celebrated her 53rd birthday Jan. 22.

Marshall and Freddy McElroy celebrated their 51st wedding anniversary Jan. 22.

Ian Hildreth celebrated his 22nd birthday Jan. 22.

Matthew J. Barton celebrated his 19th birthday Jan. 22.

Andrea Hudzik celebrated her third birthday Jan. 23.

Janie Pinnon celebrated her 55th birthday Jan. 23.

Melissa Williams will celebrate her birthday today, Jan. 24.

Mr. and Mrs. Jim Scherrills will celebrate their 30th wedding anniversary today, Jan. 24.

Pauline Voyles will celebrate her birthday today, Jan. 24.

Misty Downs will celebrate her 19th birthday Jan. 25.

Bob Slaw will celebrate his 34th birthday Jan. 25.

Taylor Rujawitz will celebrate her second birthday Jan. 25.

Terry Burch will celebrate his birthday Jan. 25.

"Bud" Caffrey Jr. will celebrate his birthday Jan. 26.

Pete Nelson will celebrate his 55th birthday Jan. 26.

Irenis Fernandez will celebrate her 13th birthday Jan. 27.

Laura Kostecki will celebrate her birthday Jan. 27.

Richard Ebersohl will celebrate his birthday Jan. 27.

Due to an overwhelming number of late milestones, we will no longer print after the fact birthdays or anniversaries. Notice will be printed on a poster at least one week in advance of the publication date.

For a mention in the milestones listings, send a postcard with the person's name, date of celebration and telephone number to: MILESTONES, Granite City Press-Record/Journal, 1815 Delmar Ave., Granite City, Ill., 62040.

at St. Elizabeth's Hospital in Belleville. He was born May 22, 1938, in Granite City and had been a lifelong resident of Troy.

A metal foreman with Laclede Steel in Alton, he was of the Protestant faith.

Survivors include his wife, Ginger (Ball) Williams, whom he married Feb. 4, 1958; one son, Brett Allen Williams of Louisville, Texas; four daughters, Kimberly Ann Bruner of Collinsville, Sherry Lea Robertson of St. Louis and Catherine Williams and Crystal Morvec, both of Troy; his mother, Lenna (Little) Williams of Madison; one sister, Joa Grakimoff of Glen Carbon; and four grandchildren.

He was preceded in death by his father, Muel F. Williams.

Services are at 11 a.m. today, Wednesday, at Laughey Funeral Home, 208 Edwardsville Road in Troy, with the Rev. Mike Smith officiating. Burial will be in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for the Illinois School for the Visually Impaired of Jacksonville, Ill., or the Catherine Williams Trust Fund.

Clara Owens

Clara Edna (Kimber) Owens, 87, of Godfrey, formerly of Granite City and Leora, Mo., died Monday, Jan. 22, 1996, at 10:30 a.m. in Godfrey.

She was born July 28, 1908, in Leora and had been a resident of Granite City from 1973 to 1986, when she moved to Godfrey.

A homemaker and cook with Zalma School prior to her retirement, she was a member of the Kinder General Union and four grandchildren.

Survivors include three daughters, Dorothy Buttry of East Alton, Barbara Hunt of Moberly, Mo., and Harriette Hunt of Moberly, Mo.; six grandchildren; and four great-grandchildren.

She was preceded in death by her husband, Cyrus Luther "Doc" Owens, who died March 23, 1972; one child; and two brothers, O'Aden Convellesco and Kimbrell; one brother; and two sisters.

Services are at 10:30 a.m. today, Wednesday, at Watkins and Sons Funeral Home in Puxico, Mo. Burial will be in Fagan Cemetery, near Puxico.

Survivors are at 11:30 a.m. today, Wednesday, at Mercer Mortuary, 1416 Niedringhaus Ave. in Granite City, with the Rev. Robert DeGrand officiating. Burial will be in Jefferson Barracks National Cemetery in St. Louis County.

Memorials are requested for the American Cancer Society.

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following high school.

Survivors include his wife, Ellen (Kantow) Kantner, whom he married Dec. 2, 1950, in Granite City; two sons, Mike and Alton; and one daughter, Mary Franko of Granite City.

Services are at 10 a.m. today, Wednesday, at St. Paul's Catholic Church, 1412 Ninth St. in Highland, with the Rev. David Putera officiating. Burial will be in St. Joseph Cemetery in Highland.

Arrangements are being handled by Thomas Memorial Mortuary in Granite City.

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How to...

How to design a fitness program

The typical American, plagued by the stresses and strains of modern life, is a prime candidate for the symptoms of negative stress including headache, backache, weariness and depression. This type of stress can be reduced through exercise and physical fitness. The following steps will help you get started safely.

Get a thorough physical examination before you start.

If you are over 35, have a personal or family history of health problems, or haven't exercised in years, this is especially important. The physical examination should follow the American College of Sports Medicine guidelines.

Pick an exercise program you are likely to enjoy.

There are many forms of exercise, but if you get into something that you are not interested in or find boring, you are not likely to stick with it.

You may enjoy team sports or going solo. However, don't necessarily take up the current fad or what everybody else is doing. For example, not everyone is cut out for a running program. Your body composition or physical condition may not be conducive to this type of activity.

If possible, have a trained professional at a local fitness center determine your level of fitness and help you select the activity option that is most appropriate for you.

For additional information and support, contact sports clubs, check magazines, local newspapers and local organizations such as the Y.

Find an exercise that fits into your schedule.

Some people are lucky enough to have access to an exercise facility at their place of work. If not, you may want to join a health club for lunchtime exercise or racquetball. If that's inconvenient, try cycling, walking, calisthenics and/or isometric exercises. If you work and your office is above the ground floor, try regularly walking up two or three flights each day when arriving in the morning or returning from lunch.

Find the time of day that is best for you.

The best time of day to exercise is debatable. You may wish to exercise early in the morning and get it out of the way, or slip out and exercise at lunch rather than hitting the local hamburger haven, or wait until evening to work off the day's stress. Whatever the time you select, the most important thing is to exercise regularly.

Get the proper equipment.

In weight-bearing sports such as running, some unnecessary injuries result from wearing improper shoes. Therefore, it is important to have the right shoe for the right sport. Remember, that expensive does not automatically mean better. There have been tremendous changes in shoes in recent years and a good pair of running shoes can be found at a reasonable price. Don't go overboard on expensive equipment before you get started, because you may tire of the sport and may want to try another.

Start slowly, then build up.

A good beginning program is a half-hour session three times a week. Start out with five minutes of stretching and warmup, then ease into a workout, followed by a short, one- or two-minute, cooldown appropriate to your particular sport, such as gearing down if you are cycling or walking a block you are running. During the aerobic portion of your workout, try to keep your heart rate elevated for at least 20 minutes.

Establish your ATZ.

Try to establish an Aerobic Training Zone during the workout. To determine your ATZ, take 220 and subtract your age. If your heart rate during exercising is below 60 percent of this number, your body more than likely isn't stressed enough to provide you with the maximum benefit of exercising. If your heart rate is over 80 percent of your base number, you may be overdoing it. After a five-minute rest period, take your post-exercise heart rate. If it hasn't dropped 10-15 beats from your exercise rate, you haven't recovered. As you get into shape, your recovery rate should improve.

Keep in mind the benefits of starting slowly. If you try too much, too fast, you'll probably experience excessively sore muscles and face the possibility of injuring yourself. Also, take rest days to allow your body to recover.

Reward yourself for achieving short-term goals.

Develop a reward system that's appropriate for your own individual sport and personal goals. For example, buy yourself a treat for a 10-pound weight loss, if losing weight is your goal.

It's for you!

We want you to feel at home at Belleville Health and Sports Center. Our professional and friendly staff is always available to assist you in helping you achieve your fitness goals.

• Walking Track

• Cardiovascular Fitness Center with Cardio-theater

• Nautilus/FLEX

• Free Weights

• Aerobics/STEP Classes

• Personal Training

• Racquetball

• Child Care

• 55 PLUS Health and Fitness Program

In addition, we offer these classes to the public without club membership:

• Kardia Karate

• Yoga

• Tai Chi

Fees and class times vary

Therapeutic Massage

by licensed massage therapists also is available at Belleville Health and Sports Center by appointment only.

Belleville Health and Sports Center...where sports and medical professionals team up for your good health!

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180 Woodcrest Drive, Highland 654-2383
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Seminar on holidays' effects

The Christmas season has been compared to the experience of popping a balloon. The time, energy and carbon dioxide required to blow up the balloon is much greater than the relatively effortless, split second it takes to pop it.

Is it any wonder why many are left coping with extreme

fatigue, a pervasive sense of disappointment or worry over how to pay the extra bills. Maybe you're not feeling "blue" but your spouse, or your neighbor or another family member or friend is. And, most important to realize is that this is "normal" and, in fact, to be expected.

You should know that there are ways to evaluate the degree to which these "symptoms" exist and numerous ways to find a resolution for them. Since this season repeats itself every year, people can minimize or prevent these reactions from recurring.

Join in learning techniques for identifying and coping with the after-effects of this stressful time of year at a seminar on post-holiday blues from 9 a.m. to noon Saturday at Suburban Baptist Church, 2590 St. Clair.

The Rev. Charles West, pastor of First Baptist Church in Bethalto, will lead the seminar. Child care will be provided.

For more information, call the church at 676-7404.

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Journalism scholarships available

Applications are now available for scholarships awarded through the Journalism Foundation of Metropolitan St. Louis, foundation chairman Patrick E. Gauen has announced.

Last year, the Journalism Foundation presented scholarships and cash awards totaling more than \$18,000 to 17 college and graduate students in journalism and related courses of study.

The scholarship program is open to students who live in the St. Louis Metropolitan area, including St. Louis City; the Missouri counties of Franklin, Jefferson, Lincoln, St. Charles, St. Louis and Warren; and the Illinois counties of Bond, Clinton, Jersey, Madison, Monroe and St. Clair. Applicants must plan to enroll as full-time students for the 1996 fall term in journalism, mass communications, public relations, advertising or writing courses and have completed their freshman year of college by that time. Graduate students carrying at least six hours in the above curriculum are also eligible to apply.

Applications can be obtained through area colleges' financial aid offices, from departments of journalism, English or communications, or through campus newspapers. The deadline for submitting applications and supporting materials is March 29. Additional information is available from the Journalism Foundation's scholarship coordinator, Joseph Kenny. Kenny may be reached at the St. Louis Review, 463 North Taylor Ave., St. Louis, MO 63108, or by phone at 314-531-9700.

Additional tips on
Seed Starting
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Last Sunday's column dealt with seed starting, and when certain types of seeds can be safely started in what types of mix and containers. We'll continue here where we left off.

If you start different seeds in the same container at the same time, you should try to sow seeds that germinate at about the same rate. After you have sown them, label the container with the seed type and planting date. To keep the seeds moist, cover the container with clear plastic. This allows light to reach the seeds. If the plastic is on tight, you may not have to water the seeds until after they germinate.

Place the container where it will receive bright, but indirect, sunlight. A warm spot near an east or west window is a good place. If you can't place the seeds near a window, set them under fluorescent lights. Hang the lights three to six inches above the container. Keep the lights on continuously, or at least twelve to fourteen hours each day.

Why fluorescent lights? First of all, let's tell you a little about those long, slender tubes you see nearly everywhere. They were first introduced back in 1938, and their even light distribution and higher efficiency made them very popular. A fluorescent lamp of the same wattage as an incandescent lamp emits 2 1/2 to 3 times as much light, generating only a fraction of the heat. Most of the heat comes from the ballast, that unsightly box that's fortunately concealed on most fixtures. The life of a fluorescent tube can be 15 to 20 times that of an incandescent light bulb, so it's far more economical to use.

A fluorescent tube is coated on the inside with a phosphor. It also contains a blend of inert gases and a small quantity of mercury vapor, sealed in low pressure. Electricity from two electrodes, one at each end of the tube, stimulates the phosphor and emits energy in the form of light.

Okay, enough lighting technical talk. It's agreed upon that fluorescent lighting is generally much better for anything growing in the home, including seeds, so let's get back to planting.

If your mix starts to dry out, water thoroughly. If the

seeds are small or very fine, don't pour water over the top of the potting mix. You'll just bury or wash away the seeds. Instead, fill a flat-bottom sink with one to two inches of water. Your kitchen sink or laundry tub will do fine. Set the container in the water, letting the mix soak it up. The mix is moist when the top glistens with water droplets. Remove the container from the sink and let any excess water drain.

Once seeds have germinated, pull back one corner of the plastic. After a few days, remove the cover. Now you can place the seedlings in full sun or six to eight inches below the fluorescent lights. Keep the potting mix moist, but not soaking wet. Young seedlings are very sensitive to moisture. Too much or too little can kill them. Feed them a liquid plant food at the rate recommended for seedlings.

From Sprouts to Transplants
The very first leaves that will appear are the cotyledons. They are a temporary food source and almost always fall off once "true" leaves appear. When two sets of true leaves emerge, you can thin plantlets or transplant seedlings into individual pots.

To transplant seedlings, fill a clean container with a moist, peat-like potting mix. Then, using a plant label or pencil, gently lift the seedling from its container. Handle the seedling by the true leaf or the root ball, not by the stem. It is fragile and easily crushed. Set the seedling in the hole at the depth it was previously growing and gently firm the mix around the roots. Continue to provide light, water and fertilizer.

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Watch Sunday's Journal for more tips from the experts at Frank's!

•Crime

(Continued from Page 2A)
-Robberies decreased 30 percent, to 28 from 37.
-Assaults increased 75 percent, to 21 from 12.
-Motor vehicle thefts increased 62 percent, to 84 from 52.
-Weapons violations increased 26 percent, to 19 from 24.
-Sex offenses increased 23 percent, to 16 from 13. That includes five cases of soliciting for a prostitute, of which no cases were reported in 1994.
-Offenses involving children increased 35 percent, to 66 from 49. Much of that difference was a 59 percent increase in the number of curfew violations.
Skoklo said enforcement of curfew might actually decrease the number of other incidents as juveniles are taken off the streets at night.

-Burglary decreased 32 percent, to 137 from 200.
Skoklo noted that during December — normally a busy time for burglars — there was only one reported burglary attempt.

For drug-related crimes, the number of incidents involving marijuana increased 56 percent, to 39 from 25, while reported violations of the controlled substance act (cocaine, heroine and other drugs) increased three percent, to 178 from 170.

One of the biggest increases was in the number of in-state warrant arrests. Police reported a 239 percent increase in warrant arrests, to 342 from 101.



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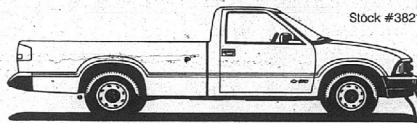
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BASKETBALL

Granite City Park District wants to start a high school age basketball league.

Page 2B

January 24, 1996—Page 1B

Warrior wrestlers give three a solid whipping

By Rob Raphael
Staff writer

Although the Warrior wrestlers didn't compete in the Hazelwood Central Quind meet on Friday, they still can say they had a successful weekend.

The Warriors traveled to Triad on Saturday and blasted a trio of opponents. Granite City (19-0) defeated Jerseyville 65-3; Collinsville 55-9; and Triad 68-0.

Looking for as many matches as possible at this point of the season, Warriors coach Mike Garland was not happy the Hazelwood meet was canceled, but he still liked the three wins posted on Saturday.

"I wasn't happy with their decision to cancel that meet," he said. "At least they could have rescheduled it sometime. That's three matches we won't get to make up."

"I think it was in 1991 that we couldn't make it to that tournament, but they held it anyway."

The Hazelwood meet would have been a big test for the

Warriors, who have few challenges remaining before the regionals begin in two weeks.

Still, things seem to be going well as several wrestlers who had been struggling are turning their fortunes around.

Adame Dunnivant (103) looks to be turning it on as he picked up a pair of pins Saturday. David Thompson (140) went through a tough period, but on Saturday he took one major decision, one technical fall and one win by fall.

Jeff Estrada (145), although hardly in a slump, wrestled his best in quite a while by pinning all three of his opponents on Saturday.

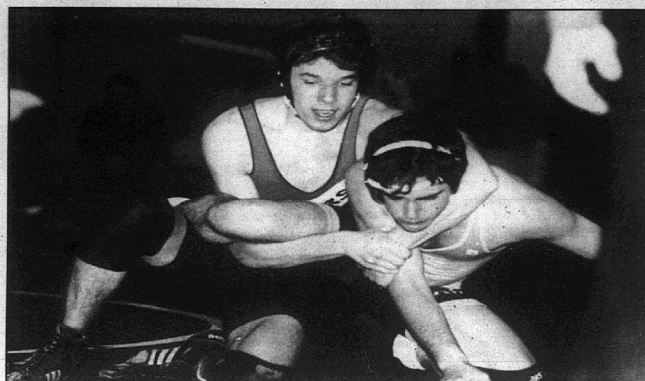
And Joe Scott (171) and John Sellers (169), two wrestlers who recently returned to the varsity lineup, pinned five of their six opponents combined.

Scott nailed all three of his matches, while Sellers settled for two pins and one technical fall.

The intensity was there to a point," Garland said. "We're just constantly trying to improve. It was good to see Sellers, Thompson and Dunnivant get back on track, and

The intensity was there to a point. We're just constantly trying to improve."

—Mike Garland
Warrior coach



Coach Mike Garland says Kevin Feigenbutz, top, looked better at the weekend matches, partially because he's spent more time in the weight room and got a lot stronger.

(Jason) Wilson looked better. He wrestled a good kid and picked up a major decision. "It was also good to see Estrada pinning people again.

He needs to do that. I think And (Kevin) Feigenbutz looks a lot better, too. He didn't do as well as he'd hoped at Geneseo. He went up there to win

it, and he didn't. So he went back to the weight room and he's gotten a lot stronger. "And (Myke) Glover is (See WHIPPING, Page 2B)

Granite closer to 5th straight Southwest title

By Rob Raphael
Staff writer

Lost in the shuffle of three Warrior matches Saturday was a convincing win over Collinsville.

That win puts the Warriors one step closer to their fifth straight Southwestern Conference title. The Warriors should pick up the title when they take on East St. Louis Friday.

Barring a rash of broken bones or some other disaster, the Warriors should have no trouble with the Flyers.

"Winning over Collinsville assures us of at least a tie for the conference championship," said a dejected Warrior coach.

"Anytime Southwestern Conference teams go at it, they always turn it up a notch. So I was happy with that win."

"And Triad is an up and coming team, so it was a good day on Saturday. It's getting close to February, so we want to keep our intensity if we can, which can be hard after a big tournament like Geneseo last week. Right now, it's just the opportunity to have three

(See TITLE, Page 2B)

Hockey benefit Saturday

The Granite City Warrior Hockey team will hold its fifth annual Winter Hockey Benefit Dance this Saturday night.

The dance will be held at the Knights of Columbus Hall, on Old Alton Road in Granite City this Saturday beginning at 6 p.m. and ending around 12 midnight.

Proceeds from the benefit dance will go to the Warrior varsity and junior varsity teams, in order to defer the increased cost of ice time at area rinks and also for team uniforms.

The B-Street Express will be on hand to provide the music, and a chicken dinner with chips and beverages will be offered.

Tickets are on sale now, but can also be purchased at the door for \$15 (adults over 21) and \$10 (students and under 21).

Door prizes will be presented during the festivities, and a raffle drawing will also be held. Prizes for the drawing include cash awards of \$500 for first prize and \$250 for second prize.

"THE COST OF THE ICE time is the biggest expense we have," said hockey Warrior coach Dave Yurkovich. "And we also bought the guys new jerseys this year. The fact that we now have a junior varsity team has also increased the amount of money needed to run the Warrior club."

"The club board basically sets this up, but everybody (See BENEFIT, Page 2B)

Despite an injured knee, Briggs is back in the lineup

By Rob Raphael
Staff writer

Knee injuries are probably the most precarious injuries in sports.

Sports and knees don't mix, and although medical advances have been quick to progress, once injured the knee is still slow to recover.

Kyle Briggs knows this first hand, as his knee injury has given him fits over the past couple of years.

Briggs first injured his left knee during last year's football season, and he recently reinjured the knee during a soccer tryout.

Briggs' injury threw a big wrench in the gears of the basketball Warriors, who have had more than their share of injury problems this year.

But with higher expectations in his junior year at a vital position, his injury crippled the Warriors at the guard position and forced other players to play out of position.



Kyle Briggs

When Briggs injured the knee, he sat out over a month of the season, and there was a real question whether he would play basketball at all this winter.

But to many's surprise, including his head coach John

Van Buskirk, Briggs returned to the Warrior lineup last week in time to play against the host Wildcats in the Salem Invitational Tournament.

"It's feeling much better, better than I expected," said Briggs of his knee. "It's progressing with each game. I decided because of the progress I was making, and how strong it was getting, that I could come back and play basketball."

"THE BETTER IT GOT, the more confident I got. So far, it feels great."

Half of the boys varsity teams are hoping the knee is alright. Besides basketball, and briefly football, Briggs has found success in baseball and soccer.

After a break from soccer, he was named as the Warrior soccer team's most valuable junior.

"I was surprised a little by (See BRIGGS, Page 2B)

Win gives Warriors needed boost — and a decent regional seeding

By Rob Raphael
Staff writer

The Granite City Warriors had a pretty good practice on Sunday night for a change.

The Warriors were to travel back to Salem, one last time, to play the Edwardsville Tigers in the consolation finals of the Salem Invitational Tournament Monday night. Results from that game were not available before press time.

But despite that outcome, the Warriors are feeling better about life in general after finally playing a good game.

The Warriors defeated Wood River 62-58 Saturday in the consolation semifinals.

"It's amazing what a win can do for you," said Warrior coach John Van Buskirk. "We actually had a very good practice (Sunday).

We finally got some people to step up and play like we need them to do."

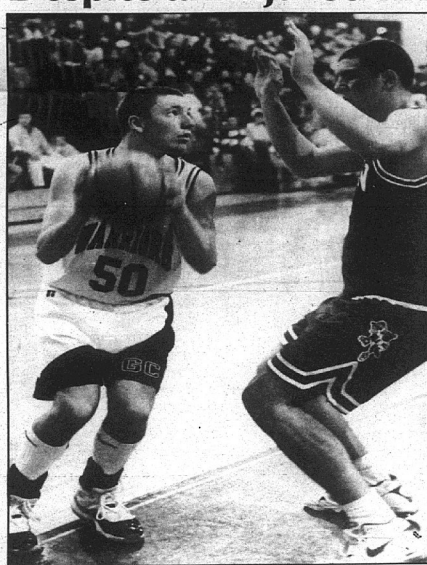
Jay Simpson was the prime-time player for the Warriors on Saturday, as he hit some big 3-pointers in the fourth quarter, plus two big free throws in the final minute to seal the victory.

Dustin Brewer came off the bench Saturday to score 18 points, waking the Granite City inside game from the dead.

"This is exactly what we were missing," said Van Buskirk. "It was a very positive game, and we did the things that needed to be done."

Defeating Wood River was more than just a morale booster. The Warriors are seeded with the Oilers in the regional, and Granite City needed the win to assure itself of a decent seeding.

With the Warriors being snowed out of a (See WIN, Page 2B)



(Staff photo by JOHN FRESE)

Dustin Brewer (left, during a game against Alton earlier this season) brought Granite's inside game alive with 18 points. The Warriors defeated Wood River 62-58 Saturday in the consolation semifinals.

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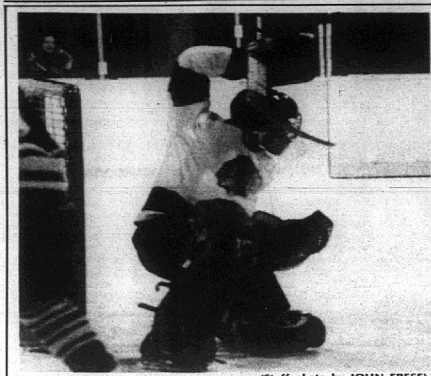
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SPORTS

•Benefit—

(Staff photo by JOHN FRESE)
Granite City goalie Tony Evans in action recently.

•Briggs

(Continued from Page 1B)
my play in soccer," he said. "I hadn't played it for a while, and I wasn't sure what to expect."

Briggs, 16, said it was impossible for him to choose which sport would be his favorite, but he believes he may have the brightest future in baseball.

"I would like to go to college, and I definitely would like to play sports," said the 5-11 junior. "I have to approach it first from an academic standpoint, but playing baseball would be my best chance at getting an athletic scholarship."

Briggs, the son of Harry and Clabbe Briggs of Granite City, said he feels he needs more experience in soccer, and that's why he was trying out for the select team.

•Win

(Continued from Page 1B)
practice session on Friday — unlike most area teams who are allowed to practice on snow days — they had to play Saturday afternoon without practicing since Thursday.

"I give the kids credit — that's not an easy thing to ask a team to do," said Van Buskirk.

Van Buskirk said the team was going to Salem on Monday with the intentions of beating the Tigers.

"WE'RE NOT GOING ALL the way up there thinking we're going to lose," he said. "We'll see what happens, but

we're capable of beating Edwardsville if we play a good game."

"We played them pretty well earlier in the season without Kyle (Briggs) or Ray (Smith). I'm looking forward to the chance of playing them with those two."

Of course, they won't have (Jim) Dougherty, which takes a lot away from their team, but they were without him earlier this year, too.

Dougherty was injured last week in a game, but the Tigers were still going to present a real challenge.

"They play their own style, and own method, and you have

"I was going for the ball and just got tangled up with another guy," he said. "I just have to be careful, and ease my way back into play."

"THAT FIRST GAME BACK LAST WEEK felt just like the first game of the season for me. It was actually kind of exciting."

Briggs is playing his second year of varsity basketball, and is looking forward to his third year of varsity baseball. He also has varsity experience now in football and soccer.

He said he thinks he'll go out for soccer again next season, but right now he's thinking about basketball.

"We're better than our record shows," he said. "Injuries have kept our lineup shaky, but we just need to do the little things and play our brand of basketball."

to make adjustments to play them," Van Buskirk said. "It can be difficult to play against (Tiger coach) Mike Waldo, too. They don't substitute like they used to, but he's still a unique coach."

"I think when Effingham played them at the tournament, they weren't sure what to do when he started bringing players in and out of the lineup."

"But we've played them enough that we know what to expect. Besides, we're a zone-oriented team, and it's not as hard to keep up with them compared to playing them man-to-man."

possibly the biggest win of the year for him when he blew away Nick DeLisle 12-4 for a major decision.

The only stumbling block for the Warriors came when Keith Ward pinned Jonas Janek (135) at 7:54 of overtime.

"Jonas hasn't been cutting weight right," Garland said. "He gets into an overtime situation and you see what happens, and he probably shouldn't have gone overtime with that guy anyway."

"He's doing things his way, even though we've tried to get him to do things our way. He's got two weeks to make up his mind, I guess."

David Thompson (140) pinned Mark Corradini at 1:25, and Jeff Estrada (145) stuck Jason Dudley in 3:13.

Jason Wilson did well to get by a strong opponent, Rob Berger, 8-2 in the 152-pound match.

John Venne (160) began a string of three pins by the Warriors, as he dumped Lee Gutyah at the 53-second mark. Joe Scott followed with a 1:32 win by fall over Ken Lutz, and John Selliers took care of Dale Brown at the 4-minute mark.

With Chris Janek on a college visit, Nick Campbell filled in and lost a tough 8-7 decision to Tony Ostendorf.

•Whipping

(Continued from Page 1B)
looking a lot better. Mostly because he's attacking people instead of counter-wrestling. That's not what we teach here. It does no good to get in shape if you're not going to use that to attack people. It's making a real difference."

Chris Janek, who would normally wrestle at

275, was away Saturday for a college visit. So Nick Campbell saw some valuable varsity time, and he responded with a pair of wins by fall. His only loss was by a single point (8-7) to the more experienced Tony Ostendorf of Collinsville.

Of the 39 matches the Warriors competed in on Saturday, they lost only three.

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Forethought, driving techniques can help preserve a car's life.

Try to plan where you are going, for two reasons. First, you can save fuel if you take efficient routes. Second, you will be able to take your time instead of rushing around and changing an accident.

Avoid unnecessary loads. Empty your car of useless weight. Place heavy objects near the car's center so that weight is evenly distributed.

Walk around your car before driving it. Doing so could reveal a tire in need of air or some obstacle that will block your car's path.

Keep the car's windows clean.

Make sure you have two side mirrors, plus a rear view mirror, and that they are properly positioned. Always be sure to look back and check your blind spot.

Don't ride with your foot on the clutch and try not to hold your car stationary on a hill by using the clutch pedal. Both of these mistakes can result in a clutch that needs replacement before its time.

Keep the fuel tank near full in cold weather to avoid water condensing in the fuel system. Try to use your cruise control to maintain a steady speed. Remember that your car's efficiency is at its maximum at 50 mph.

Routinely check basics such as oil level and belts.

In the heralded good ol' days, gas station attendants not only filled your car with gas but also looked under the hood to check oil level, belts and other important items. Now drivers may go months without checking the engine compartment. Generally, you should check the engine oil level weekly all year round, and the coolant level and the tire pressure weekly during cold weather.

Items that need to be checked monthly include window washer fluid, brake fluid, power steering fluid level and lights. Also, look at your belts and radiator hoses to make sure they aren't cracked.

Change your oil every 3,500 miles. You can do this yourself, but oil often can be changed almost as inexpensively at service shops. An advantage to getting oil changed at a service shop is that the employees will also do undercarriage inspections, lubricate any necessary spots and properly dispose of the used oil.

In general, replace the car's spark plugs every 30,000 miles, sooner if the car feels sluggish.

About every six months you should check or have checked the suspension, transmission fuel level, exhaust system and muffler, and the emergency brake.

You will also want to check windshield wiper blades and the air pressure in your spare tire.

Some items on your car will need to be replaced every year or two. Check vacuum hoses and replace if they are cracked, and replace your air, fuel and PCV filters.

To avoid unnecessary wear on tires, rotate them every year or so.

Usually you can depend on having to replace some items, such as distributor caps, batteries, shock absorbers and spark plug wires, about every three or four years.

Be aware of recommended service schedules

Just how often you need to service your car may also vary depending on how often and where you drive it and what type of car you have. The vehicle manufacturer will make some servicing recommendations, but remember that these are based on tests that they run on the cars, not the way you may use a car over the years.

You can consult a good mechanic or service manager to find out when items should be checked or replaced. Another good source is your local library, which carries plenty of books on automobile care and maintenance.

Record all services and repairs performed on your car.

Usually, record the checks and repairs you make on your car in an automotive log that lists the purpose of the repair, where it was done, the invoice number, the cost and the odometer reading. When it comes time to sell or trade your car, you can ask top dollar because you can prove it's been meticulously maintained.

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How to...

How to select a cellular phone

Do you always get home at the same time every night? Most people don't. That is why many enjoy the convenience of a cellular telephone. Before buying a cellular phone, here are some things you should consider.

Choose the type of cellular phone that fits your needs.

Cellular phones come in three categories. Base your choice on how you will be using your phone.

- **Mobile phone.** This is a car phone, usually installed permanently with an antenna affixed to the rear window, the center of the roof or the trunk lid. Car phones are good for security when traveling, and are convenient if you are caught in heavy traffic.
- **Transportables.** These phones are usually more expensive than car phones and can weigh from a pound to up to 10 pounds with a battery pack. Transportables are also called bag phones because they are about the size of a handbag. Some models can be mounted and wired, but are easily removed and hooked to a battery.
- **Portables.** Also called hand-held, these cellular phones can be as small as a calculator and weigh just 7 ounces, with a battery pack. People who wear pagers use these phones because they can respond directly to a call.

Before buying a phone, shop for the service.

Even if you never use your phone to make a call, you will be charged access fees, which will run about \$200 to \$400 a year. Before choosing a service company, find out which one offers the better deal.

Are charges for a cellular phone the same as for a regular phone?

With few exceptions, cellular phone bills are a lot like regular phone bills. Cellular phone users are billed for outgoing and incoming calls. Airtime is charged in 60-second increments. The charges begin when you press "Send" and continue until you press "End."

TIP: Peak time hours are 7 a.m. to 7:59 p.m. Monday through Friday. Off-peak hours are 8 p.m. to 6:59 a.m. Monday through Friday, all day Saturday and Sunday, New Year's Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

Does my cellular phone come with special options?

Following is a list of features you may want to look for when purchasing a cellular phone.

- **Hands-free speakerphone.** If you plan to use your phone a lot when you are driving, a speakerphone is a much safer way to go, and is more convenient.
- **Alphanumeric memory.** Store up to 100 (or more) phone numbers in memory.
- **Any-button answer.** You can use any button to answer your phone — much safer than trying to locate a specific button.
- **Hot buttons.** This option provides speed dialing for up to three numbers, with just one button.
- **Car adapter.** If you buy a portable phone, get a car adapter with a 3-watt booster for use in your car.
- **Voice-activated dialing.** A safety feature used when driving.
- **Build-in pager.** Your phone acts like a pager, flashing each caller's number.
- **Dual or multi-NAM.** Your phone can be linked to two or more carriers, each with a different phone number. This is convenient if you live in St. Charles but travel to Chicago often. You could obtain a second number for Chicago and pay only the local rates in Chicago.
- **Computer and fax compatibility.** You can plug in a cellular fax or modem into the phone to transmit data.
- **Special services.** These include call waiting, call forwarding, three-way calling, no-answer transfer and voice mail. Costs for these services range from free to a few dollars per month.

Other common questions or concerns to keep in mind about cellular phones.

- What is roaming, and how are you charged for it?
- Does the company you're choosing have toll-free exchanges?
- What are the rate plans and are they convenient?
- What area is covered by your service company?
- Make sure you have a clear explanation of how and when you are billed.
- Choose a model that suits your needs. Car phones cost less than hand-held models and have greater power for clearer reception. For portables, look into the flip-phones.
- Make sure your area has digital service before buying a digital phone.

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SPORTS

Granite City Journal-January 24, 1996-Page 3B

Sports shorts

Bowl for Kids' Sake
League bowlers are invited to participate in the 1996 Bowl for Kids' Sake event, sponsored by Big Brothers-Big Sisters of Southwestern Illinois in partnership with the Bowling Proprietors Association. Participating bowling centers include Bowl Haven in Alton, Bowl Inn in East Alton, Wood River Bowl, Airport Plaza Bowl in Bethalto and Bel-Air and St. Clair Bowl in Belleville. League bowlers can get sponsors and scores will be taken from regular league games during the week of Feb. 18-24. Sponsors will be solicited beginning Jan. 28.

Prizes for top money raisers include a computer, tickets for Kiel Center, two round-trip tickets to a Southwestern Airlines destination and a stay at a luxury condo in Chicago. The money raised will be used to recruit, screen and match volunteers with kids waiting for a Big Brother or Big Sister. A portion of the funds raised will also go to the Youth Bowling Scholarship program. Big Brothers-Big Sisters of Southwestern Illinois serves the children of St. Clair and Madison Counties. For more information, contact a participating bowling center or call Big Brothers-Big

Sisters at 465-4404 in Alton or 398-5162 in Belleville.

High school league offered
The Granite City Park District would like to start a high school age basketball league. A minimum of four teams is needed to get the league started.

The league would be held at the Lincoln Place Community Center gymnasium on Thursday evenings at 7:45 p.m. and 8:45 p.m., each week for six weeks. The cost will be \$100 per team for six games and playoffs.

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Births

Garland
Steve and Connie Garland of Collinsville have announced the birth of their first child, a daughter.

Claudia Lynn was born at 9:20 a.m. Oct. 23, 1995, at St. Anthony's Hospital in Alton. She weighed 6 pounds, 3 ounces.

Her maternal grandparents are Larry and Charleen Maxwell of Granite City.

Robert and Pat Garland of Granite City are the paternal grandparents.

Janco
Michael and Lisa Janco of Glen Carbon have announced the birth of their second child, a daughter.

Michaela Loraine was born

at 7:23 p.m. Oct. 23, 1995, at Anderson Hospital in Maryville. She weighed 8 pounds, 15 ounces and joins Brandon, 3½.

David and Merinda Horal of Troy are the maternal grandparents.

The paternal grandparents are George and Loraine Janco of Glen Carbon.

Sorenson
Kip Sorenson and Rachel Coleman Sorenson of Edwardsville have announced the birth of their first child, a daughter.

Madison Elise was born at 12:35 p.m. Oct. 23, 1995, at Anderson Hospital in Maryville. She weighed 9 pounds, 5½ ounces.

Her maternal grandparents are Ronald and Barbara Cole-

man of Granite City.

Marvyn Sorenson of Broken Arrow, Okla., and Sue Sorenson of Edwardsville are the paternal grandparents.

Burge
Paul and Betsy Burge of Edwardsville have announced the birth of their second child, a son.

Joseph Donald was born at 2:07 p.m. Oct. 12, 1995, at Anderson Hospital in Maryville. He weighed 8 pounds, 14 ounces and joins Ryan, 11 months.

His maternal grandparents are Joe and Ruth Barrington of Granite City.

Donald and Jean Burge of Edwardsville are the paternal grandparents.

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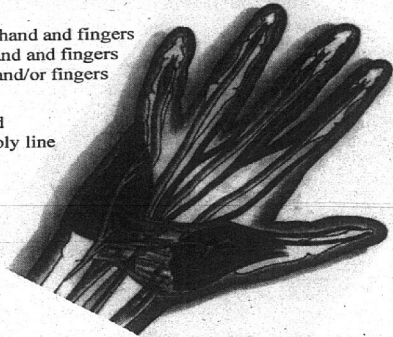
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Military

Bruce Hagopian
Navy Chief Petty Officer
Bruce Hagopian, son of Zazand Hagopian of Granite City, recently received the Navy and Marine Corps Achievement Medal.

Hagopian was recognized for his outstanding achievement while serving as air operations supervisor at Naval Station, Rota, Spain. Hagopian was singled out for the award because of his superb initiative and contributions in helping the command fulfill its mission.

With a Navy and Marine Corps Achievement Medal, Hagopian joins a select group of men and women, who have demonstrated their outstanding ability to excel in serving on the Navy Marine Corps team. Whether assigned to ships, squadrons or shore commands around the world, men and

women like Hagopian are making a difference as they work to improve their knowledge and skill as part of the most highly technical naval force in history.

The 1974 graduate of Deerfield Beach High School in Deerfield Beach, Fla., joined the Navy in December 1976.

Howard Crowson
Army Staff Sergeant Howard L. Crowson has deployed on a six-month training exercise termed intrinsic action at Camp Doha, Kuwait. The soldier is part of the 1,500-member task force 1-5 Black Knights from Fort Hood, Texas.

The mission of intrinsic action is to demonstrate the U.S. commitment to the security and stability in Kuwait and the Persian Gulf region at the time when Saddam Hussein mobilized Iraqi troops

along the Kuwaiti border. The task force exercise prepares and ensures that the soldiers, armament, munitions, equipment and supplies are in top combat operational readiness status so as to establish a deterrence to any further Iraqi aggression in that region.

Crowson, an assistant platoon sergeant, is the son of Ross C. and Gladys L. Crowson of Grafton.

His wife, Regina, is the daughter of Robert T. and Mildred M. Proffitt of Granite City.

He is a 1979 graduate of Jersey Community High School in Jerseyville.

Chris Malone
Marine Private First Class Chris P. Malone, son of Raymond P. Malone of Granite City, recently graduated from the Marine Corps Basic Com-

bat Engineer Course at Marine Corps Base Camp Lejeune, N.C.

During the five-week course, Malone learned the fundamentals of engineering support for combat units, including the procedures for building and repairing bridges, roads and field fortifications. Malone also learned the art of demolition, land mine warfare and camouflage techniques.

Malone will accompany Marine infantry forces to build roads, set up camp and fortify the living areas.

As a graduate of the Marine Corps Basic Combat Engineer Course, Malone demonstrates his ability to excel in a fighting force of more than 180,000 men and women. Whether assigned to ships, squadrons or shore commands around the world, men and women like Malone are making a difference as they work to improve their knowledge and skill as part of the most highly technical naval force in history.

He is a 1994 graduate of Gillespie High School in Gillespie.

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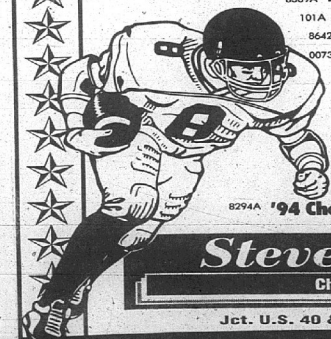


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Sarah Circle holds brunch meeting

The Sarah Circle of Central Christian Church met at the home of Marge Kacera. A brunch was served to Doris Pekarik, Ruby Hart, Rudy Lelik, Lena Seitzer, Jo Stevens and Wilma Pulaski.

Stevens, leader of the group, conducted the business meeting. A luncheon was to be served by the Christian Women's Fellowship to the Nameoki Women's Club in January. The Southeast Gateway Area Board meeting was held Jan. 23 at Webster Groves Christian Church.

A birthday party will be hosted by the Christian Women's Fellowship on Jan. 29 at

Colonial Care Center in Granite City. Dody Edwards, service chairman, will be in charge of this event. A decorated birthday cake will be made by Laura Aernie. Residents who celebrate their birthday in January will receive a gift. All of those present will enjoy cake and punch and will join in a sing-along.

Lelik led the study entitled "First Called Christmas at Antioch: The Acts of the Apostles." The lesson was taken from the 11th and 12th chapters of Acts. She then closed the meeting with worship.

The next meeting will be held Feb. 15 at Joyce Barnes' residence.

Church Women United hold annual meeting

The annual business assembly of Church Women United was held Jan. 5 at Holy Family Community Center.

A welcome was given by Sister Jean Patrick on "I Am the New Year." President Helen Stumpe called the meeting to order and used as her theme "The Lord is My Light and Salvation." She presented each past officer and each chairwoman of the many projects of the organization with a gift of a battery-operated candle.

Past presidents of Church Women United were honored and a candle for each was lit. Those past presidents in attendance were Joyce Shrader, 1969-1971; Dolores Allen, 1980-1981; Nona Corzelius, 1982-1983; Lena Seitzer, 1986-1987; Mae Lee, 1990-1991; Doris Edwards, 1992-1993; and Helen Stumpe, 1994-1995.

Lena Seitzer and Doris Edwards installed the new officers: Helen Todoroff, president; Millie Clements, vice president; Dorothy Kinney, secretary; Joyce Bennington, treasurer; and Jean Hillman, nominating committee.

Todoroff gave her acceptance speech and announced that Bethesda Baptist Church has been added to the roster. She then presented Seitzer and Edwards with gifts and each chairperson from 1995 with tote bags on which were needle pointed names.

Todoroff then announced the chairwomen

for 1996 as follows: Louise Anderson, auditing; Roberta Cottrell, blood drive; Nona Corzelius, choir and H.O.M.E.; Millie Clements, crop walk; Mae Lee, historian; Annabelle Patton, layette; Eva Clements, least coin; Ola Jones, legislation concerns; Helen Stumpe, literacy program; Muriel Kratz, ministries of women and children; Helen Bischoff, newsletter; Mildred Jungels, publicity; and Joyce Toussaint, senior services.

Table grace was given by Kratz, followed by a soup and dessert luncheon, furnished by the officers of 1995.

Those in attendance were Mary Rita Ahlers, Dolores Allen, Doris Anderson, Louise Anderson, Joyce Bennington, Helen Bischoff, Margaret Branding, Lucille Caban, Millie Clements, Eva Clements, Virginia Connely, Nona Corzelius, Roberta Cottrell, Doris Edwards, Margaret Ferro, Wanda Hadley, Lorna Hennington, Burdine Holtzsch, Emma Jakich, Mildred Jungels, Vera Kirkpatrick, Muriel Kratz, Mae Lee, Annabelle Patton, Ruby Patterson, Ruth Potter, Rosemary Rudy, Vera Sage, Lena Seitzer, Cleola Siefert, Joyce Shrader, Helen Stumpe, Helen Todoroff, Joyce Toussaint, Ann Tucker, Virginia Unfried, Doris Votaw and Jo Ann Zotti.



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Seniors flex their muscles

By Bonita Tillman
Staff writer

All seniors are not made equal, but more of them can become flexible when they use the muscles they have.

St. Elizabeth's Hospital of Belleville hosts a variety of wellness programs including 10-week senior aerobics classes throughout the year. A new one opened Jan. 2 at the Nichols Center in Belleville and will continue through March 7.

Mary Rose Grant, who teaches the class, said she has about 19 regular members who attend all year, but she also gets new students in each class.

The exercise is important for health no matter what age a person is, but it is even more important for seniors, she said.

"Seniors need to be able to have some strength," she said. "It keeps them flexible because they're prone to falling. This way, they can roll with a fall."

Grant's students use two-pound weights, back stretching, aerobic dance, leg lifts and toe touches to get fit.

"Some of them come in barely touching their toes. A couple of people were in walkers but they don't use them anymore. Others can dance a lot longer so I know it has helped them," she said.

Frances Buescher of Belleville said she began attending the class two years ago on the advice of a friend. Although she didn't think she could do much exercising, she said she has seen the benefits.

"I lost weight in my stomach and another one of my friends comes now too," she said.

Grant's students range in age from 69 to 89, but most are in their 70s. Few men stay with the program long, but it has been helpful to one man who had polio as a child.

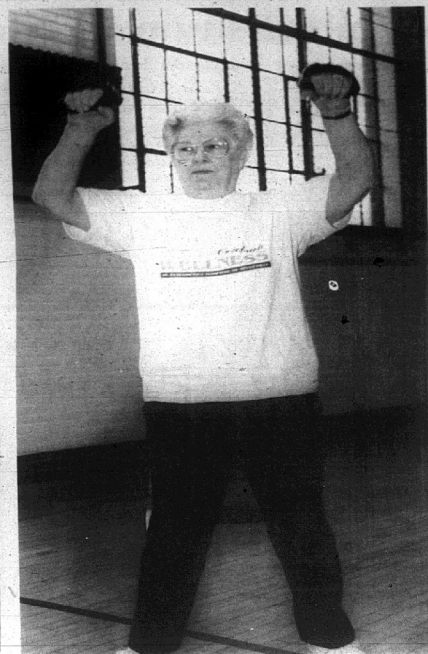
"He has more range of motion in his leg than before he started the class," Grant said.

The class also is an excellent

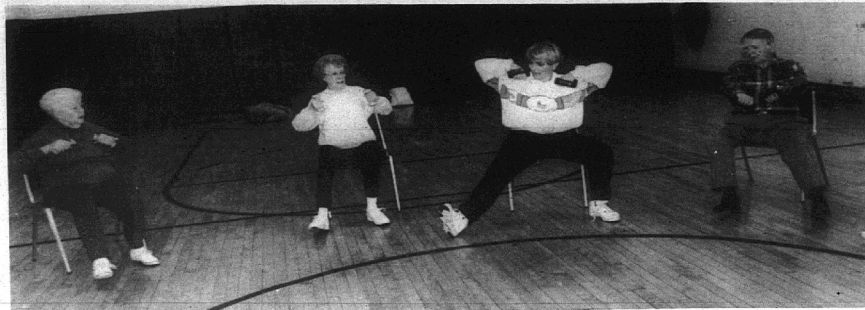
social spot for the seniors who see each other twice a week and talk about weighty subjects such as politics and other issues.

"We have former teachers and retired social workers and librarians who still have a lot to contribute," Grant said. "They really miss the class when they can't come."

The next senior aerobics sessions will begin March 19, June 11 and Sept. 10 and are held for one hour beginning at 9 a.m. on Tuesdays and Thursdays. Call 234-2120, ext. 1156, for more information on the programs.



(Staff photos by T.L. WITT)



Mary Rose Grant, center, leads her senior aerobics class in exercise at the Nichols Center in Belleville. St. Elizabeth's

Hospital of Belleville hosts a variety of wellness programs including 10-week senior aerobics classes throughout the year.

Frances Buescher of Belleville lifts 2-pound weights in the class.

Baby's primary teeth need special care

First-time parents may not realize the importance of caring for their infant's primary teeth. However, the Illinois State Dental Society cautions parents that serious tooth decay may develop by the child's first birthday. Even though the child's primary teeth will eventually be replaced with permanent ones, the primary teeth are critical for proper chewing, speaking and appearance.

Baby bottle tooth decay is a condition that destroys the primary teeth of an infant or young child. It can develop when a baby frequently is given a bottle of milk, formula, fruit juice or sweetened liquids to serve as a pacifier or comforter. It may result when the child is often allowed to fall asleep with a bottle during naps or at bedtime. Prolonged demand breastfeeding may also cause this condition.

Although the teeth most likely to be damaged are the upper front teeth, other teeth may be affected.

Tooth decay is caused by bacteria, which are present in a thin film of plaque that constantly forms on the teeth. The bacteria use sugar as an energy source. In the process, the bacteria produce acids that attack tooth enamel. Frequent, lengthy exposure to sugary liquid can result in acids attacking the child's teeth. After many such attacks, tooth decay can occur.

The Illinois State Dental Society says parents can help protect their babies' teeth by doing the following:

- After each feeding, wipe the child's teeth and gums with a clean, damp washcloth or gauze pad, to remove plaque. Begin brushing your child's teeth as soon as the first tooth erupts (around six months). Continue cleaning and massaging gums in all areas that remain toothless.
- Never allow your child to fall asleep with a bottle of milk, formula, fruit juice, or sweetened liquid.

Baby bottle tooth decay is a condition that destroys the primary teeth of an infant or young child.

- If your child needs a comforter between regular feedings, at night, or during naps, fill a nursing bottle with cool water or give the child a clean pacifier recommended by your dentist or pediatrician. Never give a child a pacifier dipped in any sweet liquid.
- Avoid filling a nursing bottle with liquids such as sugar water, sweetened gelatin or soft drinks.
- Make sure your child gets the fluoride needed for decay-resistant teeth. Ask your dentist about recommended methods for obtaining the proper amount of fluoride.

Schedule checkups beginning by the first birthday.



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Athletes who seek to protect life and limb can choose from a variety of sports safety equipment. Helmets, knee pads, goggles, face masks and mouthguards help prevent serious injury on the playing field. Mouthguards are also called mouth protectors, are particularly important in safeguarding smiles.

The Illinois State Dental Society recommends wearing a mouthguard if you engage in active sports. Some active sports include football, basketball, soccer, hockey, skateboarding and volleyball.

However, there are many other sports that present a risk of injury to the head, face or mouth as a result of head-to-head contact, falls, tooth clenching or from impact with equipment. A well-constructed mouthguard used during any of these sports can help prevent injury to the mouth, teeth, lips, cheeks and tongue.

There are three types of mouthguards: ready-made or (See SAFETY, Page 8B)

YOUR HEALTH

Wellness way of life at St. Elizabeth's

By Bonita Tillman
Staff writer

The St. Elizabeth's Hospital offers a wide variety of wellness programs for babies, teens, adults and seniors.

The Unity Advantage Club for seniors 55 and over provides discounts for the hospital cafeteria, wellness programs and pharmacy services and helps seniors with Medicare and other insurance problems.

Anyone can access the hospital's outpatient nutrition counseling service that helps newly-diagnosed diabetics and others who need to change the way they cook their food. Individual weight loss pro-

"I do flu immunizations and hepatitis B immunizations all over the county on request. The best part of the job is getting out into the community for things."

— Karen Johnson
Registered nurse

grams can be designed by the hospital dietitian or a doctor can refer his patient. Others interested in losing weight can attend programs set up for adults (12 weeks) or children ages 6 to 12 (six weeks). Cooking for health programs also

are offered periodically by the hospital. Johnson, a registered nurse and coordinator of the hospital's Wellness Program, said she performs a lot of community outreach programs such as health screenings in

schools and in corporate settings.

"I do flu immunizations and hepatitis B immunizations all over the county on request," she said. "The best part of the job is getting out into the community for things."

Drug testing for corporate clients also is done through the Wellness Program, Johnson said.

Although most teenagers eventually babysit, many go into the job with no real experience. The hospital has three babysitting workshops scheduled for the year. They are set to begin March 23, May 4 and Nov. 16 and are held for half a day.

Sit-ups the most effective abdominal muscle exercise

Sit-ups are the most effective exercise to strengthen abdominal muscles. "A strong abdominal wall is not only cosmetically desirable, but is essential to a health lower back," Don Cortial, director of rehabilitation services at Memorial Hospital, said. "Properly done, sit-ups are a safe and effective movement to increase tone and strength."

To do the 90-90 sit-up, start by lying on a hard surface with your legs and hips bent at a 90 degree angle. Support your arms on a stool or the seat of a chair, and fold your arms across your chest. Raise your head and shoulders from the mat as high as you can without straining. Slowly lower yourself back to the lying position and repeat.

Do enough repetitions to feel you have stressed the abdominal muscle. If you have not exercised for a while, 15 repetitions may be enough.

As with any exercise, gradually increase these repetitions. This exercise works best if done daily, Cortial said, but you will see results if it is only done three times each week.

10 handy tips for speeding up your body's metabolism

The Wellness Programs at St. Elizabeth's Hospital in Belleville offers the following tips:

Weight management is a balancing act between taking in calories and burning them up. New research suggests that the way your body burns energy may be at least as important as how much you eat. Try these tips for keeping your body's idle speed high.

1. Quit starving yourself of food. Your body reacts protectively against an ancient threat: famine. Your resting metabolic rate — the calories you burn just to keep your body going — drops to a lower level to conserve energy. Your body works harder to preserve the food it gets by storing it as fat. That's why people who regularly diet have higher percentages of body fat than non-dieters do. Instead of counting calories, focus on cutting back on the fat and sugar in your diet.

2. Get exercise. Exercise helps you lose weight in several ways. It raises your resting metabolic rate, thus offsetting the lowering effects of dieting and helping you burn more

calories even when at rest. Strength training is especially important here, because it increases the amount of muscle you have. And your body burns more fat to meet the metabolic needs of all that high-energy muscle.

3. Exercise longer. After 30 minutes of intensity exercise — walking, bowling, gardening — your body begins to burn stored fat for energy. It also takes at least 30 minutes to burn more calories than your body can replace by eating.

4. Exercise large muscle groups. Choose high-energy exercise — such as walking, bicycling, cross country skiing, swimming, step aerobics — that gives your arms and legs a good workout.

5. Vary your workout. Your body gets efficient at doing the same exercise day after day, and you burn fewer calories. Try alternating gym workouts with outside activities. Or change your routine every six weeks.

6. Eat a good breakfast. People who skip breakfast burn 5 percent fewer calories than those who eat a

healthy morning meal.

7. Avoid alcohol and smoking.

Both inhibit the burning of abdominal fat. That's why drinkers and smokers tend to be bigger around the waist than abstainers.

8. Resist PMS cravings. The evidence is that women's bodies burn more calories between ovulation and menstruation. That's why sugary snacks look good then. Don't starve yourself, but if you can resist the cravings for high-energy foods, your body will burn fat stores for energy.

9. Eat less fat.

Your body is very efficient at turning the fat you eat into body fat. It takes a lot more energy to turn carbohydrates into fat. That's why cutting back to less than 30 percent of your calories from fat can help you reduce your body fat more than just cutting total calories.

10. Eat three meals. Studies show that both frequent small snacks and one or two large meals tend to lower your resting metabolic rate.

Exorcise those leg cramps with simple exercise routine

If you suffer occasional leg cramps, here is an exercise routine you may repeat several times during the day to increase circulation.

You may perform these exercises more than others, but it is the full routine in the sequence listed, according to Don Cortial, director of rehabilitation services at Memorial Hospital.

Does your job require you to sit or stand for long periods of time? Practice raising on your toes then rock back on your heels to promote circulations in your lower legs.

Repeat the following movements 10 to 20 times. Lie flat on your back and elevate the legs about 18 inches.

Point toes to the outside of the bed, then the middle of the bed.

* Circle ankles clockwise, then counter-clockwise.

* Tighten the tops of your thighs by straightening the legs as hard as possible. Hold this position for one second and release; repeat.

* Dig your heels into a mattress, hold one second, relax and repeat. Squeeze your knees together. Relax.

* Spread legs apart and back together, slowly and with as much range as is comfortable. Rotate legs so that your toes point in, then out.

* Tighten buttocks, hold for one second, relax and repeat.

Circulation exercises are included in a Physical Fitness Guide available free of charge by calling Memorial's Community Relations Department at 257-5649.

Good eating habits are necessary

Good eating habits based on moderation and variety can help keep you healthy and even improve your health. Memorial Hospital's Nutrition Guide gives suggestions on how to choose and prepare foods for a healthy diet:

* Eat a variety of foods to obtain all the essential nutrients.

* Maintain your ideal weight. If you need to lose weight, you must consume fewer calories than you burn.

* Avoid excess fat, saturated fat and cholesterol.

* Eat foods with adequate starch and fiber.

* Avoid excess sugar.

* Avoid excess sodium.

* If you drink alcohol, do so in moderation; no more than one or two drinks daily.

These guidelines are advised for people who already enjoy good health; they do not apply to persons who require a special diet because of an illness or condition that interferes

with normal nutrition. In addition to diet, good health depends upon heredity, lifestyle, personality traits, mental health and attitudes, and environment.

People differ, and so do their individual food needs, depending on age, sex, body size, physical activity and other conditions such as pregnancy or illness.

Free copies of the Nutrition Guide are available by calling 257-5649.

Use these recommendations when choosing fast foods

Fast food restaurants may be quick, convenient and inexpensive but in terms of calories, there are better places for dieters to eat. However, if you are watching your weight and have no other alternative, consider these recommendations by Beth Mueh, R.D., chief clinical dietitian at Memorial Hospital.

Peel the skin off of fried chicken or fish, and order a salad, and iced tea. Or, order a small beef hamburger instead of a quarter-pound burger with cheese. Skip the garnishes, french fries, fried pies and milkshakes. Bring an apple from home to have with your meal.

The calorie, cholesterol and sodium content of many popular fast food items, as well as additional suggestions for dieters, are listed in Memorial's Weight Loss Guide. The guide is available by calling 257-5649.

Safety

(Continued from Page 7B)

stock mouthguards: mouth-formed guards; and custom-made mouthguards. The three types differ in comfort, fit and cost. The most effective mouthguards are resilient, tear-resistant and thin enough for comfortable breaking and speaking.

Stock mouthguards and mouth-formed guards are available at sporting goods stores. A custom mouthguard

made by the dentist is closely shaped to fit the player's teeth for extra comfort. No matter which type of mouthguard is worn, only the upper teeth should be covered for the following reasons:

* The upper teeth usually overlap and therefore protect the lower teeth.

* The front teeth are the most frequently injured.

* Covering the lower teeth may create additional bulk, diminishing comfort and fit.

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Support groups have been in existence for many years. They can become a vital and positive influence in the lives of both patients and those who care about them. By providing information about their disease and how to live with it, support group members can create a better working partnership between patient and physician.

Memorial believes that support groups provide an opportunity for patients, along with their families and friends to discuss uncertainties and learn to place them in perspective. Better than any other technique, talking in a support group with people who share common problems, helps them understand that they are not alone.

The following is information about Memorial-sponsored support groups. For more information about these groups, call the Community Relations Department at 257-5649.

DIABETES

A mutual support group comprised of people with diabetes, their families and people who have had their lives affected by diabetes. Meetings are held on the fourth Monday of every month from 9 to 11 a.m. in the hospital auditorium.

FIBROMYALGIA SYNDROME

This support group is for people with fibromyalgia syndrome (FMS) and their families. FMS is considered to be a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Meetings are held on

the third Tuesday of each month from 7 to 9 p.m. in the auditorium.

HOPE

Hospital Oncology Patient and Family Education was formed to assist cancer patients, former cancer patients and people who have their lives affected by cancer. The HOPE group meets the last Thursday of each month at 1 p.m. in the auditorium.

ARTHRITIS AND JOINT REPLACEMENT

This group is for people who have arthritic conditions, as well as for

Support Groups

at
MEMORIAL
HOSPITAL



4500 Memorial Drive
Belleville, Illinois 62223
(618) 233-7750

those who have experienced or who are anticipating joint replacement surgery. Meetings are held quarterly on the second Wednesday of January, April, July and October from 7 to 9 p.m. in the auditorium.

LUPUS

This support group is affiliated with the Illinois and Missouri Chapters of the Lupus Foundation of America. Meetings are held offering information and insight for coping with lupus on the third Tuesday of each month (except June - September) at 7:30 p.m. in the hospital auditorium.

MENDED HEARTS, INC. - BELLEVILLE CHAPTER

Mended Hearts is a volunteer organization consisting of people who have heart disease, their families, medical professionals and other interested people. Additionally, Mended Hearts members form a support group for one another, contributing emotional backing to recovering patients and their families. For more information, call Memorial's Social Service Department at 257-5420.

NU-VOICE

Conducted in cooperation with the American Cancer Society, the Nu-Voice Club is for laryngectomies - people who have had their voice boxes (larynxes) removed. Family members and friends are encouraged to attend. For more information about meeting dates and times, call the Speech Pathology Department at 257-5255.

PULMONARY REHABILITATION

A group for people with diseases of the lung and their families. Individuals with chronic lung disease and their families learn about the disease, as well as share ideas and solutions to their problems. Meetings are held on the last Wednesday of the month (except June - August) at 1:30 p.m. in the auditorium.

YOUNG ADULT CANCER

This mutual support group was formed for young adults with cancer and their significant others who are affected by the disease. Meetings are held on the first and third Tuesday of every month at 7 p.m. in the auditorium.

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Horoscope

Wednesday, Jan. 24
 Talk is of the old days and old ways — will any of it be here tomorrow? History is catching on as a trend! Family nostalgia is provoked by gatherings at the bedsides of the elderly

and ailing. Effective community action is where the power is — everyone's getting involved. Tonight, lovers and married people can talk things over and settle issues to the satisfaction of both.

ARIES (March 21-April 19): What you give comes back with gratitude. One who is embittered by past losses gives poor advice. Be tolerant, patient and thrifty. Explain carefully to older folks and children. Accept help and love from a Libra.

TAURUS (April 20-May 20): Recommendations and references are key to job-search success — a mentor relationship is important to your advancement. Your dependability is ace. The evening is brighter with a few friends.

GEMINI (May 21-June 21): Enterprise is more important than experience. Team play is the ticket — your cheerful demeanor and humor bring out the best in everyone. Explore a kooky idea — it may be more workable than you think.

CANCER (June 22-July 22): Deep involvements are heightened at home and at work. Take in-laws' advice in good spirit — they may be right. Friends call from far away — an invitation to an event at a distance may be worth accepting.

LEO (July 23-Aug. 22): Take time to study the ways to save money and make your paycheck work for you. A banker may back out, but you'll make it if you pare down expenses. Love will wait, but not forever be good to one who has been faithful.

TODAY'S BIRTHDAY (Jan. 24): Your popularity promotes your interests in '96. Romance comes through business contacts in February. A devoted family member helps you reach your goals in March. Doing good deeds gives you special fulfillment. Love

Joyce Jillson
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affairs that begin in May can last forever. A creative partnership pays off in August, when you may get married! A business of your own starts paying you with profits in October.

VIRGO (Aug. 23-Sept. 22): Your mate may have trouble getting up the courage to help you pay a bill. Be diplomatic and understanding in all one-to-one matters. Memories you share are revisited in relationships — your loyalty is worth gold.

LIBRA (Sept. 23-Oct. 23): Get around budget restrictions with do-it-yourself repairs and bargains on necessities that are available now! Spend time with your mate on his or her terms. Put cash in a safe place. Light meals help keep your energy up.

SCORPIO (Oct. 24-Nov. 21): Shoe shopping and housecleaning are favored, but wait until next week to dry clean delicate items. A romantic cycle has begun, and you're likely to be flirted with wherever you go! Learn something new.

SAGITTARIUS (Nov. 22-Dec. 21): Those who pass by, new acquaintances, bright ideas and grapevine gossip bring you luck. Run errands. Enjoy a little sports competition or a friendly argument. Tonight, you'll head for the warmth of home.

CAPRICORN (Dec. 22-Jan. 19): Far-reaching goals are great — expectations can send you crashing, however, so concentrate on the job at hand, and watch for opportunities to get what you want. An Aries is a special help.

AQUARIUS (Jan. 20-Feb. 18): Your invention or idea gains the attention of those who hold your purse strings. Spend fun time with co-workers. Thrift may be difficult because shopping is so much fun today! make bargain-hunting the game.

PISCES (Feb. 19-March 20): Now is a super time to job hunt — get out there in person, and watch for opportunities. New purchases made today may have to be returned tomorrow, so keep receipts. Enjoy spontaneous fun with co-workers after hours.

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Service includes:
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Donald I. Serot, M.D., Orthopedic Surgeon
Co-Director, Arthritis Service
Judith Wuller, M.D., Internist
Co-Director, Arthritis Service

Date:
 Thursday, February 1, 1996

Information:
 For an appointment, call Memorial's Physical Therapy Department at 257-5250.

Fees are charged according to services received. Examinations are by appointment only and physician referral is not required. For your convenience, a copy of your Arthritis Service evaluation report will be sent to your physician.

We're close. After all, when you are trying to get a grip on arthritis, you need something to hold on to.

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-3000.

This calendar runs in every Wednesday's Journal.

Wednesday, Jan. 24

Disabled American Veterans Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St. in Granite City. Call 876-7816 for more information.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2536 or Diane at 876-1360.

Thursday, Jan. 25

Church Women United meet at 10 a.m. at the Holy Family Community Center. 55 Alive driving course will be held from 9 a.m. to 1 p.m. in room 345 at Belleville Area College's Granite City Campus, 4950 Maryville Road. Cost is \$8 per person. Register at 931-7018.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, Jan. 26

55 Alive driving course will be held from 9 a.m. to 1 p.m. in room 345 at Belleville Area College's Granite City Campus, 4950 Maryville Road. Cost is \$8 per person. Register at 931-7018.

Granite Chapter 650 Order of the Eastern Star meets at 7:30 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, Jan. 27

Quad City Youth Fellowship, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, Jan. 28

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Singles Connection will eat brunch at noon at Casa Gallardo in Fairview Heights. Call Bev at 344-4691 for more information.

Overeaters Anonymous

meets at 2 p.m. in the Wisconsin Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, Jan. 29

Granite City Foursquare Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

TOPS 2948 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124.

TOPS 11, 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, Jan. 30

Behavioral Health System will hold a talk and film at 7:30 p.m. in Pascal Hall at St. Elizabeth Medical Center on "Phases of Recovery from Chemical Dependency." The speaker will be Warren Neal, a referral coordinator and chemical dependency specialist with St. Elizabeth's Behavioral Health System. This talk is free and open to the public. Call 798-3888 for more information.

Depressive Manic Depressive Association of Madison County will meet from 7 to 9 p.m. at St. Elizabeth Medical Center. James E. Lewis and Karl A. Stradley, Co-leaders of the DMDA, will conduct the meeting. For more information, call 877-7517 or (314) 776-4929.

Singles Connection will play volleyball at 6:30 p.m. at the YMCA, Esic Drive in Edwardsville. There is a \$3 fee for three hours of play. Call 876-4315 for more information.

TOPS 1599, (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

Alateen and PreAlateen Program for 12 to 17 age group, and prealateen for six to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and

Delmar. For more information call 463-2429.

The Blood of the Lamb prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to

12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-0200 or 1 (314) 869-1865.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV

infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m. Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Del-

mar Ave., 24-hour hot-line 398-9409.

School of Metaphysics, 7:30 to 10:30 p.m., 9450 Roslin Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

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Today's Food

Wednesday, January 24, 1996

Food & Nutrition

Wise Ways

Shopper profits from knowing how to shop with controlled approach to bottomless cart.

INSIDE

Heart-y Bites

New fat forms are used in reduced-fat products, like the chocolate chips recently on the market.

INSIDE

Blue Ribbon Cook

Winning 'pizza' bakes with lasagna noodles as crust.

INSIDE

Private Label Test Run

Testers bag leftovers in Schnucks reclosable plastic bags.

INSIDE

Micro Raves

A microwave oven stands ready on the sidelines to carry bulk of quick-cooking preparation.

INSIDE

Lively Taste

Tackle mute taste buds with flavor-sparkling 'sides.' Serve a make-your-own sandwich buffet with low-fat, high-flavor choices like sliced honey ham or turkey breast. Mustards, hot sauces and no-fat cream cheese blended with minced onion and pepper sauce make likable companions for full- or dollar-size sandwiches.

Health & Fitness

Medicine Chest

Contrary to information in 'Medicine Chest' recently, the toll-free number 1-800-NO-ULCER is available only to receive a brochure with information about ulcers. The offer of professional services for a dialogue was a one-day event during National Pharmacy Week in October. The American Digestive Health Foundation continues to make the brochures available at that number between 7 a.m. and 4 p.m. Later this year it hopes to expand with written information about colo-rectal cancer.

Fresh Picks

A tray of fresh and dried fruit offers a refreshing alternative to spicy, salty snacks. It looks twice as attractive with a few easy combinations held together with toothpicks. Garnishes need not be expensive. A piece of orange, sliced in cartwheels, then quartered, can be skewered with a wedge of canned pineapple, maraschino cherry, strawberry or banana chunk (banana should be dipped in water spiked with a little lemon juice to avoid browning). This bite of fruit can be eaten by hand or dropped into a fruit-juicy punch.

Big Fat Tip

Traditional dips and dunks thin down by using no-fat sour cream and mayonnaise as a base. Salsa has no fat and lots of flavor. Lower-fat baked tortilla chips — purchased or homemade — and bite-size vegetables become dippers. Chunks of bread mounded on a tray or in a basket are used with dip or chili made meatless or with fat-trimmed meat. Flavored pretzels offer crunch without tons of greasy oil and fatty nuts.

Future Shop

Private label colas are international travelers. While national brands win attention during Super Bowl commercials, these premium colas compete with fizz, flavor and color and sell at dramatically lower prices as far away as Japan and Australia.



Fans and food mix together on the sidelines for Super Bowl Sunday. A winning chili, mini bagels heightened by warmly-baked bread bowls and bread bowls filled with beefy chili draw cheers from the hungry, watchful crowd.

SUPER BOWLS

By Janice Denham
Journal staff writer

The Steelers will have to rope 'em and ride 'em as well as the Cowboys this weekend in Tempe, Ariz., while fans of both teams lasso Southwest taste buds to celebrate Super Bowl Sunday.

Chili, warm and spicy foods seasoned with peppers, tomato-tantalizing treats and snacks with flavor punch fit the occasion. A host or hostess commits no fouls when the table is set with neckerchiefs, ingredients are chopped beforehand and ready to simmer just before the game and icy drinks are chilled to give thermal relief to hot flavors.

This is the season of beauty in the desert, when cacti bloom and mountains sit beneath snow. None of the warm enthusiasm for the Southwest will be lost when the coin is tossed to start the game. Like the dinner bell on the chuckwagon, it is a call to rush the enthusiasm of the game.

If points were given for the bowls of popcorn, chips and pretzels consumed, fans would win the game.

A bowl set inside a football helmet becomes an unusual tureen for Champion Chili, the top winner in Williams chili seasoning's Great American Chili Recipe Contest. To receive more recipes and rules for

SEE SUPER BOWLS, INSIDE TODAY'S FOOD PAGE 2

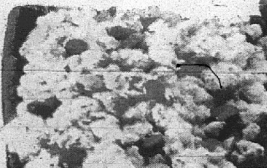
Kids' Cuisine POPCORN PLAN

Pop up treats with winning appeal:

Spiced Snack Mix: Pop 1/3 cup unpopped popcorn in 2 tablespoons oil. Toss warm popcorn with a mixture of 1/4 cup confectioner's sugar, 3/4 teaspoon cinnamon and 1/4 teaspoon ginger. Add 1/2 cup color-coated chocolate candy and 1/2 cup dry-roasted peanuts or cashews. Toss again.

Cheesy Popcorn Italiano: Pop 1/3 cup unpopped popcorn in 2 tablespoons garlic-flavored olive oil. Drizzle 2 tablespoons butter or margarine, melted, over warm popcorn. Sprinkle with mixture of 1/3 cup grated parmesan cheese, 1-1/2 teaspoons basil and 1/2 teaspoon crushed red pepper flakes.

Note: If using PowerPop microwave popper, pour oil into concentrator, add popcorn, cover and place in center of microwave oven. Cook 5 minutes on high power until rapid popping slows to 2 to 3 seconds between pops.



Today's Food

Private Label Test Run



Schnucks reclosable storage bags come with a "snap and seal" top.

Schnucks bags zip up onions to water

Journal testers tried many different kitchen items in Schnucks quart-size reclosable storage bags to find out if their value would hold water.

In fact, a tester did fill one with water. "I filled one up with water and it was easy to seal, even without the colored guides. It was watertight and didn't leak," she said.

Another time she saved cheese with good results. Another tester tried onion. "The keeping ability probably was as good as the ones with the colored seals. I even used one for three slices onion from Saturday evening until Sunday morning in the refrigerator and the odor was not bad," she said.

All had success with the seal, from children to adults, although one adult found them slightly more difficult to close. The cost for 25 bags was \$1.99 or about 4 cents each.

National brands for this size are priced closer to 5 cents each and more.

Their sturdiness came up while used in the evaluation, too.

"They held up well to lots of use, as I re-use mine," a tester said. "Schnucks bags did the job. I usually buy the freezer storage bags and use those because they hold up longer, but these did OK. They are easier to close than freezer ones, too."

"I liked the size, a little bigger than sandwich-size, so they are easier to put sandwiches in with lots of lettuce and stuff on them."

Most testers use a variety of other packing devices, but all were pleased with Schnucks bags' quality and price compared to their national-brand competition.

"They seem sturdy. Maybe they're not as thick as national brands, but maybe they don't have to be. I'd buy them," she said.

Wise Ways

Impulse buying traps shopper at supermarket

By CYNTHIA FAUSER

With more than 50,000 selections in stores scientifically designed to help me part with a major chunk of paycheck, it is no wonder grocery shopping is a chore I would just as soon shelve. I suspect I am not alone.

Some shoppers use the "get-in-get-out" approach and shop at bag-your-own, no-frills stores to maximize savings. Others prefer a little pampering along with one-stop shopping at a market equipped with a pharmacy, deli and even in-store banking privileges and dry cleaner. These and other styles of shopper benefit from knowing how to avoid impulse buying traps.

First, recognize time is money to supermarkets. Most people spend a little more than \$1 a minute in the store.

Secondly, impulse purchases are a major part of grocery shopping. A survey of 4,000 shoppers showed even most people who use a list come home with twice the number of items on that list. In fact, up to 80 percent of decisions in a store are impulse purchases.

Retailers capitalize on impulse buying every way possible. Here is cost-conscious advice to streamline shopping:

• Shop alone. The pleasure of a child's or spouse's company easily adds \$10 in

unplanned purchases.

• Make a list and stick to it. Working from a list cuts down impulse spending. Write the list to correspond to the store layout to shave minutes and avoid backtracking.

• Skip aisles when possible.

• Limit shopping trips to once a week. Keep a running list of items as they run out and add to lists based on weekly or bi-weekly menu ideas. Fewer visits to a store to pick up forgotten items result in fewer impulse purchases. After all, who comes out with just the one or two items needed?

• Shop in familiar stores. Avoid cruising up and down aisles of unfamiliar stores where the different products and order slows down shopping and increases exposure to impulse.

• Go to small stores if just picking up a few necessities like milk and bread. These items always are placed at the back of the store, so a shopper must pass more products, resulting in higher register totals.

• Beach or stoop for bargains. Premium eye-level shelf space is dedicated to premium-priced convenience items. Bargain hunters save the cost of convenience by buying more basic items from top or

bottom shelves.

• Carefully evaluate items displayed on end caps or islands before buying. End cap displays may be genuine buys, but comparable items on aisle shelves may offer even better deals. Islands and bump-out displays in the middle of aisles are designed to slow customers, diverting them to higher-priced impulse items.

• Use unit pricing to compare the cost per ounce or pound of different sizes. Unit pricing is an important service, especially now that computerized scanning and other technologies let stores do much pricing in-house. Similar grocery baskets from the same store easily can cost 20 percent less just by using unit pricing to spot the best deals.

• Choose store brands for significant savings. Private labels offer savings of 15 to 20 percent over nationally advertised brands, according to the Private Label Manufacturers Association. Store brands often beat out brand-name items, even when coupons are available for the national brand.

Registered dietitian Cynthia Fauser is nutrition specialist for University Extension (University of Missouri system) in St. Louis County.

Fat-reduced products give boost

Most of us have heard or learned that consuming less fat is a good idea. Dietary fat has been linked to many health problems, including obesity, coronary heart disease and certain cancers.

Many people think cutting back on fat intake alone will promote weight loss, but that does not carry a promise that calories also are reduced.

Today we have a variety of fat-free, reduced-fat foods available that easily decrease fat intake, but at the same time may actually increase calories.

While foods naturally low in fat tend to be low in calories, the same is not always true for fat-free or reduced-fat products. Some contain more sugar as they try to offer flavor satisfaction without the expected fat. These products also may not meet our nutritional needs.

The question remains: Where do fat-free or reduced-fat products fit in day-to-day eating? Ideally, our eating style should be based on naturally-lean foods, but occasionally fat-free, reduced-fat food products add extra zing.

A new product in this category is reduced-fat chocolate baking chips, which contain half the fat and 25 percent fewer calories than traditional semi-sweet chocolate chips. They can be used in a variety of favorite recipes, such as cookies.

Reduced-fat baking chips contain Salatrim.

Registered dietitian Debra Drury is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

By BARB GRAY

Micro Raves

Munch on crisp treats while watching football

Blue Ribbon Cook Lasagna's new role is baked into pizza

Betty Ann Guenther, Florissant, is this week's winner of dinner certificates to the Pasta House Co. for Lasagna Pizza.

Deadline for this month's contest is Jan. 31.

LASAGNA PIZZA

- 5 quarts water
- 1 tsp. salt
- 1 tsp. oil
- 20 uncooked lasagna noodles
- 2 1/2 cups (9 oz.) shredded mozzarella cheese
- 1 jar (15 oz.) pizza sauce
- 4 oz. sliced pepperoni
- 1 can (8 oz.) mushroom stems and pieces
- 1/4 cup diced green bell pepper

Grease 15-by-10-inch jelly-roll or rimmed baking sheet.

Bring water to boil. Add salt and oil. Add noodles. Cook until tender but firm. Drain, rinse with cold water and drain again.

Layer 10 cooked noodles in prepared pan. Sprinkle with 3/4 cup cheese. Cover with remaining noodles. Evenly spread pizza sauce on top.

Place pizza in cold oven. Turn thermostat to 350°. Bake 10 to 12 minutes until warm. Remove from oven.

Arrange pepperoni, mushrooms and green pepper on top. Sprinkle with remaining 1 1/2 cups cheese. Return to oven and bake 15 to 20 minutes until cheese melts and ingredients are well heated.

Hors d'oeuvres have dual roles. They are intended to pique the appetite or to tide over the appetite of an already-hungry guest until the meal is ready.

Here is a lineup of helpful hints that speed up cooking on this "holiest" of football Sundays.

• Soften cream cheese by placing it unwrapped on a microwave-safe plate. Microwave at medium (50 percent) power 1 to 2 minutes.

• Soften margarine or butter, using directions for cream cheese, but microwave on low (30 percent) power 30 to 60 seconds.

• To soften an avocado, lay it on a paper towel and microwave on medium (50 percent) power 1 to 2 minutes.

• Microwave 1 slice bacon

for 1 minute. Cool. Crumble and use in or over dip, soup, sandwich or casserole.

• Sauté chopped onion and garlic in 1 tablespoon water in microwave oven on high power 1 to 2 minutes until vegetables are soft.

• To cook ground meat — beef, chicken, turkey, pork sausage — place pound meat in a condiment sifter in a glass pie plate. Microwave on high power 2 minutes. Stir. Cook 2 minutes longer or until meat is no longer pink.

• Place any citrus fruit in a microwave on high 30 to 45 seconds to yield more juice.

Certified home and consumer scientist Barb Gray specializes in microwave cooking.

AVOCADO BRICKLAYERS' SAUCE

- 2 or 3 medium avocados, peeled, seeded, mashed
- 3 or 4 green onions, finely chopped
- 6 slices bacon, cooked until crisp, cooled, crumbled
- 1 pkg. (3 oz.) cream cheese, cut in 1/2 inch cubes
- 2 to 3 drops pepper sauce
- 1 pt. avocado salad dressing (if unavailable, use ranch)
- Salt and pepper to taste

In bowl, combine avocado, onion, bacon, cream cheese, pepper sauce and salad dressing well. Add salt and pepper. Add 1 avocado seed to help prevent darkening. Cover. Chill.

HALF-THE-FAT CHOCOLATE CHIP COOKIES

- 2 1/2 cups flour
 - 1 tsp. baking soda
 - 1/2 tsp. salt
 - 1 cup (60 percent oil) spread margarine
 - 3/4 cup granulated sugar
 - 1 cup packed light brown sugar
 - 1 tsp. vanilla
 - 2 eggs
 - 2 cups reduced-fat semi-sweet baking chips
- Preheat oven to 375°. Stir together flour, baking soda and salt.

In large bowl, beat margarine, granulated and brown sugar and vanilla until creamy, using electric mixer and eggs. Beat well. Gradually add flour mixture, beating well. Stir in chips.

Drop by rounded teaspoonful on ungreased cookie sheet. Bake in preheated oven 8 to 10 minutes until lightly browned.

SIRLOIN CHILI IN BREAD BOWLS

- 6 tbsp. oil
- 2 lb. sirloin beef, cut in 1/2 inch cubes
- 2 cups chopped onion
- 2 tsp. minced garlic
- 6 jalapeno peppers, seeded, diced
- 1/2 cup yellow cornmeal
- 2 pkg. (1 oz. each) chili seasoning mix
- 4 cups beef broth
- 1 can (15 oz.) pinto, red or black beans, drained
- 8 to 10 hard French rolls
- Grated cheddar or Monterey Jack cheese

In 5-quart Dutch oven over medium-high heat, heat 4 tablespoons oil. Cook meat until browned. Drain and discard drippings. Set meat aside.

Heat remaining 2 tablespoons oil in Dutch oven.

Cook onion, garlic and peppers, stirring frequently, until onion is tender. Stir in cornmeal and chili seasoning. Cook, stirring frequently, 5 minutes.

Add broth and beef. Reduce heat to low. Simmer 45 minutes. Stir in beans. Simmer 15 minutes.

Preheat oven to 350°. During last 15 minutes, cut 1/4-inch slice from tops of rolls. Hollow out centers, leaving 1/2-inch shell. Place hollowed rolls on cookie sheet. Bake in preheated oven 3 to 5 minutes until hot.

Spoon chili into rolls. Garnish with cheese. Makes 8 to 10 servings.

CHILI SALSA BAGEL BITES

- 2 medium tomatoes, seeded, chopped

- 3/4 cup chopped red onion
- 1 jalapeno pepper, seeded, minced
- 2 tbsp. chopped fresh cilantro
- 1 pkg. (1 oz.) chili seasoning mix
- 1 carton (8 oz.) whipped cream cheese
- 1 pkg. (9 oz.) frozen miniature bagels, thawed, split, toasted
- 1/2 cup pickled, sliced jalapeno peppers, drained
- Fresh cilantro leaves for garnish, if desired

Combine tomato, onion, fresh jalapeno, cilantro and 3 tablespoons chili seasoning mix. Stir to blend well.

Combine remaining chili seasoning and cream cheese. Beat until well blended.

Spread cream cheese mixture over toasted bagels. Arrange pickled jalapeno over cream cheese.

Super Bowl

Continued from page 1C, this year's contest, send a stamped, self-addressed, business-size envelope to: Southwest Stampede, Williams Chili Seasoning, P.O. Box 14087, Lenexa, Kan. 66285.

Flavors of the Southwest are easy to tackle. A package of chili seasoning, a bottle of salsa, canned green peppers or a fresh jalapeno gains automatic yardage. Any of them added to ranch or a mayonaisse-type salad dressing kicks up the flavor of greens, while putting them in reduced-fat cream cheese or sour cream gives them instant recognition as dip on a hot streak.

Recipes often call for cilantro, available in a leafy bunch (like parsley) in the produce section of most supermarkets. To keep it fresh, refrigerate it in a glass of water like a

bouquet. A scissors snips it to size quickly.

To give a veggie tray with the usual carrots and celery a feel of the Southwest, dress it up with fresh snap peas and sticks of jicama, a root vegetable that needs only peeling and cutting to become part of the game plan.

CHAMPION CHILI

- 1 tsp. olive oil
- 1 1/2 lb. ground turkey
- 1/2 lb. bulk Italian sausage
- 1 pkg. (1 oz.) chili seasoning mix
- 1 cup chopped red onion
- 1 cup chopped red pepper
- 1 can (14 1/2 oz.) beef broth
- 1 can (4 oz.) chopped green chiles, drained

- 2 tbsp. lime juice
- 1 cup medium-hot picante sauce
- 1 can (15 oz.) cannellini or navy beans, drained
- 1 can (15 oz.) black beans, drained

In 4-quart saucepan over medium heat, cook turkey and sausage in heated oil, stirring 10 minutes until meat is brown. Drain.

Add chili seasoning, onion and red pepper. Cook, stirring often, 3 to 4 minutes until vegetables are tender-crisp.

Add broth, chiles, lime juice and picante sauce. Bring mixture to boil. Reduce heat. Simmer 15 minutes.

Add beans. Simmer 5 to 10 minutes. Makes 6 to 8 servings.

Today's Food

Granite City Journal-January 24, 1996-Page 3C

SLIMMING SALMON PARTY SPREAD

In large bowl, sprinkle 2 envelopes unflavored gelatin over 1/2 cup cold water. Let stand 1 minute. Add 1 cup boiling water. Stir until gelatin is dissolved completely. Using wire whisk or hand beater, blend in 1 carton (16

ounces) low-fat plain yogurt, 3/4 cup reduced-fat thousand island salad dressing and 1 tablespoon lemon juice. Fold in 1 can (15 1/2 ounces) salmon, drained and flaked; 1/2 cup chopped onion, and, if desired, 1/2 teaspoon dill weed.

Turn into 6-cup mold or

bowl. Chill until firm. Serve on crackers or toast bread squares.

Makes 5 1/2 cups spread; 30 calories, 3 g protein, 1 g carbohydrate, 1 g fat, 75 mg sodium and 5 mg cholesterol per 2-tablespoon serving. Food exchange: 1/2 lean meat.

Lower-fat cake, brownie easy to make, eat it, too

Just when eating-well practices get priority, along comes a party or gathering where resolve goes the way of last month's wrapping paper.

Taking "off" for a dessert or snack does not mean a debacle. Just pay attention to portion size and ingredients that go into treats. There are ways to have cake and eat it, too, with some lower-fat ingredients.

Brownies and cake are a welcome indulgence that satisfy that chocolate-loving sweet tooth through another period of more healthful eating.

These recipes are reduced-fat versions of American classics. Each has about half the fat found in traditional recipes.

CHOCOLATE BROWNIES FOR LIGHTER TASTES

3/4 cup cocoa
1/2 tsp. baking soda

3/4 cup lower-fat (40-percent oil) margarine, melted
1/2 cup boiling water
2 cups sugar
3 egg whites
1 tsp. vanilla
1 1/2 cups flour
1/2 tsp. salt
1 cup reduced-fat semi-sweet chocolate chips

Preheat oven to 350°. Coat 13-by-9-inch baking pan with nonstick cooking spray.

In large bowl, stir together cocoa and baking soda. Stir in 1/2 cup margarine. Add boiling water. Stir until mixture thickens.

Stir in sugar, egg whites, vanilla and remaining 1/2 cup margarine. Stir until smooth. Add flour and salt. Blend completely. Stir in baking chips.

Pour into prepared pan. Bake in preheated oven 30 to 35 minutes until brownies begin to pull away from sides of pan.

Cool completely in pan on wire rack. Cut in squares. Makes 36 brownies; 100 calories, 3 g fat, no cholesterol, 55 mg sodium, 19 g carbohydrate, 1 g protein and no dietary fiber each.

1 tbsp. freshly grated orange peel
1 tsp. baking soda
1/2 tsp salt
1 pkg. (12 oz.) reduced-fat semi-sweet chocolate chips

Preheat oven to 350°. Coat 13-by-9-inch baking pan with nonstick cooking spray.

In large bowl, stir together brown sugar, margarine and egg whites. Stir in skim milk and orange juice.

Stir in flour, oats, orange peel, baking soda, salt and chocolate chips. Spread in prepared pan. Bake in preheated oven 25 to 30 minutes until light golden brown and center feels firm when touched lightly.

Cool completely. Makes 15 servings; 300 calories, 10 g fat, no cholesterol, 220 mg sodium, 51 g carbohydrate, 6 g protein and 3 g dietary fiber each.

CHOCOLATE FROSTING

1 cup reduced-fat semi-sweet chocolate chips
1 cup confectioner's sugar
3 tbsp. skim milk

In small microwave-safe bowl, microwave chips on high power 45 seconds. Stir until melted.

Gradually add confectioner's sugar and skim milk, beating with wire whisk. If necessary, microwave on high 30 to 45 seconds longer until mixture is smooth when beaten. Spread immediately.

REDUCED-FAT CHOCOLATE-ORANGE CAKE

1 cup packed light brown sugar
3/4 cup lower-fat (40 percent oil) margarine
4 egg whites
1 cup skim milk
1 tsp. orange juice
2 cups flour
2 cups quick-cooking oats

Recipe

JAMBALAYA

2 tbsp. oil
3/4 cup (4 oz.) smoked ham, diced
1 smoked sausage, sliced 1/2 inch thick
1 lb. boneless pork loin, cubed
1 1/2 cups chopped onion
1 cup chopped celery
1 large green bell pepper, chopped
2 cloves garlic, minced
1/2 tsp. pepper sauce
2 bay leaves
1/2 tsp. salt
1 1/2 tsp. oregano
1 tsp. white pepper
1/2 tsp. black pepper
1 tsp. thyme
4 medium tomatoes, peeled, chopped
1 can (8 oz.) tomato sauce
1 can (14 1/2 oz.) chicken broth

1/2 cup chopped green onion
2 cups uncooked rice

Preheat oven to 350°. In large Dutch oven over medium heat, heat oil. Stir in ham, sausage and pork. Sauté, stirring often, to 8 minutes until lightly browned.

Stir in onion, celery and green pepper. Sauté about 5 minutes until tender-crisp. Stir in garlic, pepper sauce, bay leaves, oregano, white and black pepper and thyme. Cook over medium heat, stirring constantly and scraping bottom of pan, 5 minutes.

Stir in tomatoes. Cook 5 to 8 minutes. Stir in tomato sauce and broth. Bring to boil. Stir in green onion and rice. Bake, covered, in preheated oven 20 to 25 minutes until rice is tender.

PIZZA COOKIE

In small bowl, combine 1 cup plus 2 tablespoons flour, 1/4 teaspoon baking soda and 1/4 teaspoon salt. In large bowl, beat 1/2 cup (1 stick) butter or margarine, softened; 6 tablespoons granulated sugar, and 6 tablespoons packed brown sugar. Beat in egg and 1/2

teaspoon vanilla. Gradually beat in flour mixture. Stir in 1/2 cup chocolate chips or color-coated chocolate candy.

Spread or pat dough on bottom of greased 12-inch pizza or 13-by-9-inch baking pan. Bake in preheated 350° oven 14 to 16 minutes until set and deep golden brown.

Drop 1/2 cup peanut butter by spoonful over hot crust. Let stand 5 minutes to soften. Gently spread over crust. If desired, decorate with more candy or chips.

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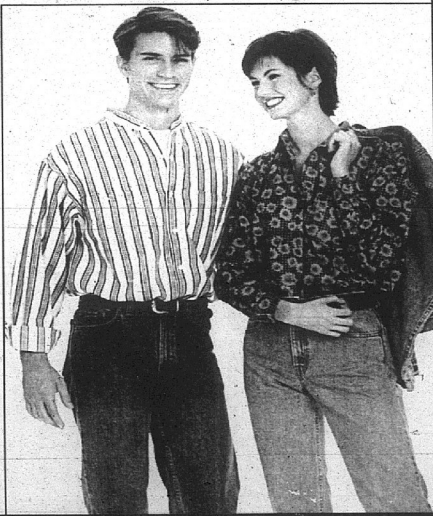
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Today's Food

Armchair quarterbacks pass on snacking ritual

A big-screen television set, a cushy sofa or chair, plenty of cool and frosty beverages, dozens of taste-tempting snacks at fingertip's reach — these delightful images are the grit of the Super Bowl lineup, the nation's most-watched sporting event.

Now for the reality many Super Bowl party hosts face every year: a hot oven, pots boiling on the stove, crammed countertops and dirty dishes piled high in a sink.

Make this year's Super Bowl XXX a party both guests and hosts can enjoy. Successful Super Bowl party hosts apply the SOS principle to the traditional festivities and Serve Only Snacks. Better yet, serve only simple snacks.

Popcorn is the MVP of the SOS party concept. Inexpensive and wholesome, it takes just minutes to pop in a microwave oven and requires little kitchen cleanup. Besides, popcorn and spectator sports always are returnees as team-mates — 70 percent of the 18.5 billion quarts Americans consume each year is eaten at home, and the other 30 percent is munched at places like ballparks, basketball arenas, football stadiums and movie theaters.

Serving simple snacks at a Super Bowl bash keeps fans cheering as much as a full-course meal. Simple does not mean boring, as this recipe for Armchair Quarterback Crunch illustrates. This savory, sassy blend of popcorn, seeds, parmesan cheese and peppery Mexican seasoning adds exciting zing to the fun of the game.

ARMCHAIR QUARTERBACK CRUNCH

3 qt. popped popcorn

CINNAMON CITRUS CUP

In medium saucepan, bring 3 cups water to boil over high heat. Remove from heat. Add 6 cinnamon-apple herbal tea bags. Steep, covered, 5 minutes. Remove tea bags. Stir in 3 orange slices, quartered, 1/4 raisins and 2 tablespoons honey.

2 cups mini pretzels
1/2 cup roasted pepitas or hulled pumpkin seeds, if desired
1/4 cup regular or reduced-fat margarine

2 tbsp. grated parmesan cheese
1 tsp. Mexican seasoning
Place popcorn, pretzels and pepitas in large bowl.

Melt margarine in small pan. Add parmesan and Mexican seasoning.

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3.29 12 PACK CANS **1.09** 2 LITER BOTTLE

VIVA 2% MILK **HALF GALLON 89¢** **HOMOGENIZED MILK** **ORANGE JUICE**

PABST EXTRA LIGHT **BUSCH BEER** **BUD LIGHT**

3.99 COLD 12 PACK CANS **1.99** COLD 24 OZ CAN **6.99** COLD 12 PACK CANS

WONDER SANDWICH BREAD OR BUNS **PEVELY ICE CREAM**

59¢ COLD 16 OZ BOTTLE **99¢** **1.69** HALF GALLON

Blas! ANTI FREEZE **WINDSHIELD WASHER** **SLAM DUNK**

99¢ **99¢** **3 FOR 99¢**

TWIN PACK POTATO CHIPS **KAS** **MEADOW GOLD** **SOUR CREAM OR CHIP DIP** **POTATO CHIPS**

99¢ **99¢** **FREE** **1.99**

Marlboro **5 PACKS 6.96**

SPECIALLY PACKAGED 5 PACKS • BUY 4 GET 1 FREE
PLUS FREE VIDEO TAPE WHILE THEY LAST

KING SIZE BOX • LIGHT KING SIZE BOX • LIGHT 100 BOX • MEDIUM KING SIZE BOX

DeKuyper **5.99** **SUMMIT** **2.99** **GALLO CHARDONNAY**

750 ML **1.29** PER PACK **2.99** 750 ML

Jewelry, Gun & Loan Pawn Shop

"We Won't Be Underbid!"
We guarantee what we sell!

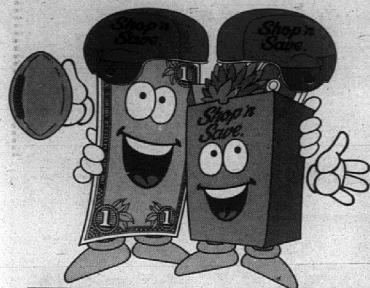
Diamonds • Gold • Gems • Cameras
Guitars • Tools • Stoves • TVs

1016 N. Main Street • Edwardsville, IL
(Across from Pope John's)
618-692-6789

NOW OPEN! Music & More

BUY/SELL/TRADE
Used CDs & Cassettes
Movies • Segas
Super NES • Sega CDs
Nobody Can Beat Our Prices

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Suite 28 • Lincoln Square
(Across from Pope John's Restaurant)
618-656-3740



Shop 'n Save

Super Values FOR YOUR SUPER BOWL PARTY!



REGULAR OR HOT
Chili Man
Chili With Beans

69¢
15-OZ. CAN



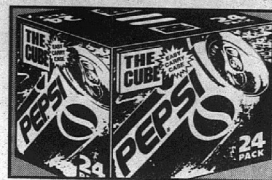
ASSORTED VARIETIES
Zesta
Saltine Crackers

59¢
16-OZ. BOX



ASSORTED VARIETIES
La Famous
Tortilla Chips

3/399
16-OZ. BAG



24-CAN CUBE
Pepsi, Diet Pepsi,
or Mountain Dew

488
24 PACK
12 OZ. CANS



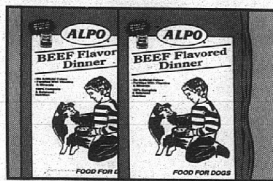
ASST. VARIETIES SOUR CREAM OR
Prairie Farms
Onion Dip

69¢
16-OZ. PKG.



ASSORTED VARIETIES
Totino's
Pizza Rolls

99¢
7-7.5 OZ. PKG.



BEEF FLAVOR DINNER
OR PROTEIN PLUS
Alpo
Dog Food

599
20-LB. BAG
PRE-PRICED \$8.99



LIMIT 2 WHILE SUPPLIES LAST
Alka-Seltzer
OUR LOW SALE PRICE \$1.99

99¢
36-CT. PKG.
AFTER \$1.00 OFF COUPON AVAILABLE IN-STORE

Everyday \$ LOW Prices

REGULAR OR BUTTERMILK
Eggo
Waffles..... **2/\$3**
11-OZ. PKG.

ASSORTED VARIETIES
Freezer Queen
Dinners..... **99¢**
6-10 OZ. PKG.

ASSORTED VARIETIES
Patio
Burritos..... **3/\$1**
5-OZ. PKG.

HOMESTYLE OR BUTTERMILK
Shop 'n Save
Biscuits..... **8/\$1**
10-CT. PKG.

ORIGINAL
Palmolive
Dish Detergent... **197**
42-OZ. BTL.

1 1/2 DOZEN
Family Pack
Medium Eggs... **59¢**
LIMIT 5

Lysol Spray
Disinfectant..... **299**
12-OZ. CAN

PURE PREMIUM
Tropicana
Orange Juice..... **399**
96-OZ. BTL.

Gerber
First Foods..... **35¢**
2.5 OZ. JAR

ASSORTED VARIETIES
OLD RECIPE
Prairie Farms
Ice Cream..... **2/495**
1/2 GALLON

REGULAR OR LITE
Cool Whip
Topping..... **119**
12-OZ. PKG.

ASSORTED VARIETIES
Tony's Italian
Pastry Pizza..... **3/\$5**
16.2 OZ. PKG.

Lender's
Frozen Bagels... **99¢**
4-6 CT. PKG.

CHICKEN NOODLE
Campbell's
Soup..... **2/\$1**
10.75 OZ. CAN

16-OZ. CAN
Campbell's
Pork 'n Beans... **2/79**

Dura Flame
Firelogs..... **199**
6-LB. LOG

Safari
Dog Food..... **2/89**
13.2-14 OZ. CAN

LITE OR FAC
Safari Ground
Coffee..... **399**
26-OZ. CAN

ASSORTED VARIETIES
Lay's
Potato Chips..... **3/\$5**
14-OZ. BAG

BREAD & BUTTER SWEET
OR DILL HAMBURGER
Heifetz Sliced
Pickles..... **2/\$3**
32-OZ. JAR

ASSORTED VARIETIES
Sunshine
Cheez-its..... **119**
10-OZ. BOX

ASSORTED VARIETIES
Pop Secret
Micro. Popcorn.. **99¢**
7.5-10.5 OZ. BOX

REGULAR
General Mills
Wheaties..... **2/\$4**
18-OZ. BOX

Shop 'n Save
Rye Bread..... **89¢**
16-OZ. LOAF

SHOP 'N SAVE
White Sandwich
Bread..... **89¢**
24-OZ. LOAF

EXTRA LARGE PITTED
Mario
Ripe Olives..... **89¢**
6-OZ. CAN

STUFFED
Mario Manz.
Olives..... **89¢**
5.75 OZ. JAR

ASSORTED VARIETIES
Vlasic
Stackers..... **189**
16-OZ. JAR

Heinz Squeeze
Ketchup..... **99¢**
28-OZ. BTL.

ASSORTED VARIETIES
Ocean Spray
Cran Drinks.... **299**
64-OZ. BTL.



SHOP 'N SAVE EXPIRES JANUARY 27, 1996
IN-AD MANUFACTURER COUPON P45-01-323

FREE 12-pack of
MUG Root Beer
with the purchase of
a 12-pack of Mug Root Beer



CONSUMER: Only one coupon per customer. You pay sales tax and/or deposit charge. Coupon may not be assigned, transferred, or reproduced. Any other use constitutes fraud. Cash value 1/100¢.
RETAILER: To receive prompt payment, redeem this coupon with your Pepsi-Cola representative. You will receive a free 12-pack of Mug Root Beer for every coupon redeemed in accordance with the terms of this offer. Invoices proving purchase 60 days prior to submission of sufficient stock to cover coupons submitted must be shown upon request. Offer void wherever prohibited or license required.

MUG IS A TRADEMARK OF NEW CENTURY BEVERAGE COMPANY LU#6600 01241A

Stock-Up & Save!

FOR YOUR SUPER BOWL PARTY!



Liquor Prices
Good at Illinois
Stores Only.
Not all items available
at all stores

BUD BOWL 8
MILLER LITE BEER



REGULAR, LIGHT, OR ICE
**Budweiser
Beer**

617
12-PACK
12-OZ. CANS



GENUINE DRAFT OR
**Miller Lite
Beer**

1197
30-PACK
12-OZ. CANS

Shop'n Save Health & Beauty VALUES!



OUR LOW SALE PRICE \$3.29
**Actron Ketoprofen
Tablets or Caplets**
50-CT. PKG.

Free

AFTER \$3.29 MAIL-IN REBATE AVAILABLE IN-STORE



**Rave
Micro-Spray**

89¢
3.5-OZ.
BTL.

**O'Doul's
N.A. Beverage...** **579**
12/12-OZ. CANS
OUR LOW SALE PRICE \$5.99
REGULAR, LIGHT OR DRAFT
**Hamm's
Beer** **299**
24/12-OZ. CANS
AFTER \$3.00 MAIL-IN REBATE

**Ice House or
Red Dog Beer** **2/\$7**
6-1/2 LTR. BTL.

REGULAR, LIGHT OR ICE
**Milwaukee's Best
Beer** **189**
6/12-OZ. CANS

REGULAR OR LIGHT
**Coor's
Beer** **549**
12/12-OZ. CANS

OUR LOW SALE PRICE \$5.99
ASSORTED VARIETIES
**Peter Vella
Wine** **499**
5-LTR. BOX

AFTER \$1.00 INSTANT COUPON
ASSORTED VARIETIES
**Inglenook
Wine** **3/699**
750-ML. BTL.

**Bartles &
Jaymes Coolers..** **2/\$5**
4-PK.

**Seagram's
Gin** **999**
1.75-LTR. BTL.

OUR LOW SALE PRICE \$11.99
**Seagram's
7-Crown** **899**
1.75-LTR. BTL.
AFTER \$3.00 MAIL-IN REBATE

**Kamchatka
Vodka** **899**
1.75-LTR. BTL.

**Jose Cuervo
Max Pale** **1249**
30-50% BTL.

76 PROOF
**Southern
Comfort** **699**
750-ML. BTL.

OUR LOW SALE PRICE 2/\$5
ASSORTED VARIETIES
**Mr. & Mrs. T
Mixers** **2/\$3**
QUART
WITH INSTANT COUPON ON 2 BTL.

ASSORTED VARIETIES
EXCEPT HOT DAMN 100 PROOF
DeKuyper Schnapps **579**
750-ML. BTL.

**TGIF Frozen
Cocktails** **899**
1.75-LTR. BTL.

**BACARDI BREEZERS OR
Jack Daniels
Cocktails** **3/999**
4-PACK

**Please-Drink Responsibly
Don't Drink & Drive**

ASSORTED VARIETIES
**LA Looks Hair
Products** **119**
7.5-16 OZ.
PKG.

NOT INCLUDING GUMCARE
**Mentadent
Toothpaste** **249**
3.5-5.2 OZ.
REFILL

500-CT. PKG.
PLUS 170 FREE
299

REGULAR STRENGTH
**Sucret
Lozenges** **189**
18-CT. PKG.

**Vaseline Intensive
Care Lotion** **249**
10-OZ. BTL.

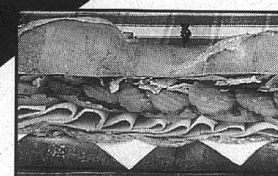
**Mentadent
Toothbrushes** **199**
EACH

Bakery, Seafood & Deli Dept. VALUES!



50-60 COUNT
**Gulf
Shrimp**

499
lb.



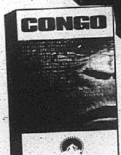
REGULAR
**Whole Submarine
Sandwich**

299
EACH



**Enjoy the Super Bowl-Let the
Deli Shop Do the Work!**

Treat your guests to a mouth-watering deli party tray or a scrumptious sub sandwich. You'll be the Superbowl MVP!



01242C

Shop'n Save Family Video Center

EVERYDAY LOW RENTAL PRICES!

ALL NEW RELEASE

ALL OTHER TITLES

99¢
EACH

49¢
EACH

ALL VIDEO GAMES 99¢

AT STORES WITH VIDEO CENTER ONLY

**Fresh Daily
Dollar Rolls** **229**
24-CT. PKG.

**Round
Rye Bread** **149**
16-OZ. PKG.

**Bucket of
Wings** **399**
16-CT. PKG.

**Kaukauna
Cheese Balls** **299**
10-12 OZ.
PKG.

8-INCH
**Superbowl
Decorated Cake** **299**

8-INCH
**Pumpkin
Pies** **2/\$3**

31-35 COUNT
**Cooked Cocktail
Shrimp** **999**
lb.

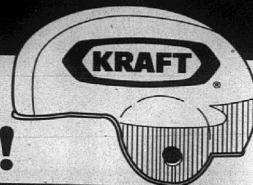
**Mickelberry
Crab Dip** **399**
lb.

More Great Values In-Store!

Super Values!



FOR YOUR
SUPER BOWL PARTY!



Kraft
Miracle Whip

149
32-OZ. JAR
LIMIT 1



ASSORTED VARIETIES
Kraft
Dressings

2/\$3
16-OZ. BTL.



LIGHT OR PLAIN
Kraft
Velveeta

399
2-LB. PKG.



PRE-PRICED \$1.99
Kraft
American Singles

149
12-OZ. PKG.



FAC, FRENCH ROAST OR LITE
Maxwell House
Ground Coffee

399
24-26 OZ. CAN



ASSORTED VARIETIES
Kraft
Mac & Cheese

2/\$1
7.25-7.3 OZ. BOX



LITE OR REGULAR
Kraft
Parkay Spread

149
3-LB. BOWL



LITE OR REGULAR
Kraft Philly
Cream Cheese

87¢
8-OZ. BRICK

JET PUFF, OR MINIATURE
Kraft
Marshmallows..... **79¢**
10-OZ. BAG

Oscar Mayer
Bacon Bits..... **119**
3-OZ. PKG.

POTATO, COLESLAW, OR TUNA
Kraft Miracle Whip
Salad Dressings..... **219**
16-OZ. JAR

ASSORTED VARIETIES
Kraft Pasta
Salad Mixes..... **179**
9.08-11.15 OZ. PKG.

REGULAR OR WITH ALMONDS
HONEY BUNCHES OF OATS
Post
Cereal..... **2/\$4**
16-OZ. BOX

Post Banana Nut
Crunch Cereal..... **2/\$4**
15.5-OZ. BOX

REGULAR OR LITE
Log Cabin
Syrup..... **199**
24-OZ. BOTTLE

ASSORTED VARIETIES
Kraft
Velveeta Shells..... **2/\$3**
9.4-12 OZ. PKG.

REGULAR OR 4 CHEESE
Kraft Deluxe
Mac Dinner..... **2/\$3**
14-OZ. BOX

Kraft Grape
Jam or Jelly..... **99¢**
32-OZ. JAR



ASSORTED VARIETIES
Kraft Shredded
Cheese..... **2/\$3**
8-OZ. PKG.

ASSORTED VARIETIES
Kraft
Chunk Cheese..... **139**
8-OZ. PKG.

Kraft Grated
Parmesan..... **299**
8-OZ. CANISTER

ASSORTED VARIETIES
Breakstone
Cottage Cheese.... **149**
24-OZ. PKG.

REGULAR OR FAT FREE
Breakstone
Sour Cream..... **69¢**
16-OZ. PKG.

ASSORTED VARIETIES
Kraft Glass Jar
Cheese..... **119**
5-OZ. JAR

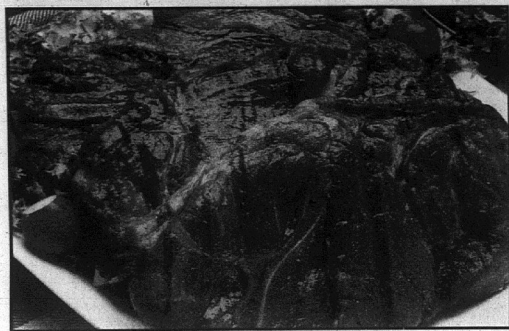
Kraft
Cheez Whiz..... **299**
16-OZ. JAR

REGULAR OR LONG GRAIN
Minute Rice
Instant Rice..... **199**
28-OZ. PKG.

01243A

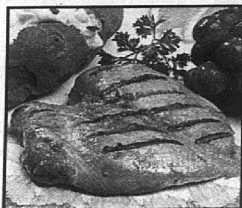
Super Values!

For Your
Super Bowl
Party!



FAMILY PACK
Center Cut Pork Steaks

99¢
lb.



TENDERBIRD, FROZEN
Skinless, Boneless
Chicken Breast

699
3-LB. PKG.



USDA CHOICE BEEF
Boneless
Sirloin Steak

259
lb.



10-12 LB. AVG.
Mickelberry Whole
Boneless Ham

159
lb.

Hudson Chicken
the **BEST**
Quality & Value



ALL NATURAL, FRESH

Hudson Boneless
Breast Tenders

299
lb.

ALL NATURAL, FRESH, GRADE "A"
Hudson Pick
of the Chick..... **129**
lb.

PATTIES OR NUGGETS
Tenderbird
Chicken..... **2/\$4**
10.5 OZ. PKG.

ALL MEAT
Hunter
Hot Dogs..... **79¢**
12-OZ. PKG.

EXCEPT BEEF
Seitz Sliced
Bologna..... **109**
1-LB. PKG.

R.B. Rice
Chili..... **199**
1-LB. ROLL

R.B. Rice
Pork Sausage... **169**
1-LB. ROLL

HILLSHIRE FARMS
Little Cocktail
Smokies..... **2/\$5**
1-LB. PKG.

Kahns Chunk
Braunschweiger.. **149**
1-LB. PKG.

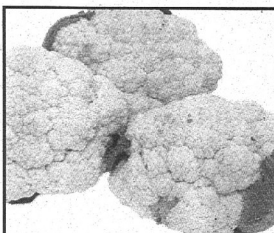
CHICKEN WING
Tenderbird
Drumettes..... **399**
3-LB. PKG.

11.2-13.2 OZ. PKG.
FUN PACK
Oscar Mayer
Lunchables.. **2/\$3**

CHOPPED HAM OR
Oscar Mayer
Ham & Cheese **2/\$4**
1-LB. ROLL

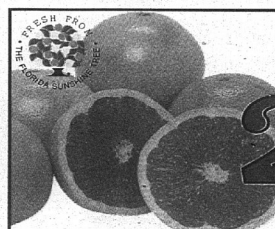
ALL MEAT
Oscar Mayer
Wieners..... **169**
1-LB. PKG.

Circle A
Beef Patties.... **399**
5-LB. BOX



SNO WHITE, 12-COUNT
Cauliflower

138
EACH



FLORIDA, 23 SIZE
Jumbo Red
Grapefruit

2/88

READY TO EAT
Baby
Carrots..... **98¢**
1-LB. BAG

CALIFORNIA
Green
Onions..... **3/98**

GARY'S
Salted & Roasted
Peanuts..... **198**
20-OZ. BAG

5 A Day Fruits &
For Better Health Vegetables

ASSORTED VARIETIES
Birdseye
Vegetable Dip..... **198**
16-OZ. CTN.

Your Satisfaction
Is Guaranteed...

Shop 'n Save

® The more you shop the more you save. SM

S	M	T	W	T	F	S
			24	25	26	27

* PRICES GUARANTEED THRU JANUARY 27, 1996 AT ALL ST. LOUIS METRO STORES ONLY • WE RESERVE THE RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 864-0900

Shop 'n Save
**DOUBLE YOUR
MONEY BACK
MEAT & PRODUCE
GUARANTEE**
WITH PROOF OF PURCHASE

01244A

St. Louis City Journal-January 24, 1996--Page 3D

3201 HELP WANTED

CNAs CNAs CNAs

CNAs

CNAs CNAs CNAs

**Immediate Openings
All Shifts**

To learn more please apply in person Mon-Fri 9am to 4 pm.

Village North, Inc.
1160 Village North Drive
St. Louis, MO 63136

B/C HEALTH SYSTEM



EOE



Career Opportunities


★ ★ ★ ★ ★

CALL
JOYCE
TO PLACE
YOUR AD
IN THIS
SPACE
821-1555,
x309


DARN!
I COULD HAVE
ADVERTISED
IN THIS SPACE!


IT'S EXCITING!
 Training is nearing completion,
 and you're ready to join our team.
WE'RE HIRING NURSING REPS. *
 Excellent communication,
 scheduling skills required. Hollis-
 day preferred.
CE WORKERS *
 Equipped with Tech School
 diploma.
 Send resume:
 to: **Alpena North
 Lindbergh
 -2100,
 MIMFVIO**



CAREERS



**NURSING
 OFFICE
 CLERK**
 Light typing, filing & record
 keeping. Computer experi-
 ence and organizational

**AND POLICE CHECK
REQUIRED. Call:**

 **advanced
nursing
services**

At 432-2030 to schedule an appointment. No calls accepted before 12:30pm.

★ ★ ★

RN
PART TIME
EVENINGS
Immediate opening for RN to work

part time on the evening shift.
★ Competitive starting salary
Interested individuals, please
contact:
Bridgeton Nursing Center
13145 Bridgeton Square Dr.

ATTENTION!

ATTENTION!

CNA'S

Full & Part-Time

7-3 3-11 11-7

- ★ Top Wages
- ★ Medical/Dental Insurance
- ★ Life Insurance
- ★ Child Care Plan

★ 401(k)
★ Advancement Opportunities
IMMEDIATE OPENINGS
Interested individuals, please contact:

SPANISH LAKE NURSING CENTER
13700 Old Halls Ferry
Florissant, MO 63033
314-355-6660
EQUIMF 0472

COMING SUNDAY, JANUARY 28th

Colossal Classifieds is the biggest Classified section yet. It's enormous. Jam packed with ads for cars, houses, jobs, pets, jewelry, furniture - all kinds of merchandise - it's the perfect place to buy and sell. And there's a big contest, too - with huge prizes. You can win a trip for four to see the Rams play the Saints in New Orleans in 1996, courtesy of Altair Travel & Cruises; a Magnavox color TV with remote from Goedeckers; one of 10 commemorative Rams footballs; a 6 foot party Sub Sandwich, one of 100 Subway \$5 Gift Certificates. All the answers will be in your Colossal Classifieds section, January 28 in the Journal. So be a part of it. Call the Colossal Hotline with any questions, 821-1157, x378.

Altair Travel & Cruise

Trip for 4 to New Orleans to see the Rams play the Saints

A 27" Magnavox Color TV with remote

1 of 10 limited edition commemorative Rams footballs

One 6 Foot Party Sub Sandwich from Subway

One of 100 \$5 gift certificates to Subway

GRAND PRIZE!

1ST PRIZE!

2ND PRIZE!

3RD PRIZE!

4TH PRIZE!

YES! I want to enter the Colossal Bowl Contest!
Here's my official entry!
(If you need additional space for your answers please write them on a separate piece of paper.)

QUESTIONS

1. What 2 teams played in last years Superbowl?
2. What team won the 1st Superbowl?
3. What is the only team to go undefeated for an entire season?
4. How many Superbowls have the Dallas Cowboys played in since 1990?
5. What city did the Rams originally call home?
6. Where was Rams head coach Rich Brooks coaching before taking over the Rams?
7. Who was the last AFC team to win the Superbowl?
8. Who was the first AFC team to win a Superbowl?
9. When was the last time the Dallas Cowboys finished below .500 in a season?
10. Where is this years Superbowl?

Name: _____

Address: _____

City: _____

Home Phone: _____

GET COLOSSAL RESULTS WHEN YOU BUY AND SELL IN CLASSIFIEDS!
CALL (314) 966-FAST or 1-800-766-FAST TODAY!

Drop off your entry at 1714 Deer Tracks Trail, St. Louis, MO 63131. See official rules to enter. The Suburban Journal, 1714 Deer Tracks Trail, St. Louis, MO 63131. See official rules to enter.

GOEDEKER'S SUBWAY Altair Travel & Cruise

COLOSSAL CLASSIFIED RULES & REGULATIONS

1. No purchase is necessary to enter and receive prizes. All contest questions and answers will be posted January 28, 1996 in the main lobby of *The Suburban Journal*, at 1714 Deer Tracks Trail, St. Louis, MO 63131. The questions may also be found in the *Journal* newspapers.
2. You must be 18 or older to enter and win.
3. **HOW TO ENTER:** The contest will appear in the Colossal Classified Section January 28, 1996. Entries must be submitted in writing and may be mailed or hand-delivered to Colossal Classifieds Contest, *The Suburban Journal*, 1714 Deer Tracks Trail, St. Louis, MO 63131. Complete the attached entry form and answer all questions correctly to be eligible to win. All ten questions, and their correct answers, will appear in the January 28 Colossal Classifieds Section. You may also enter by printing both the question and the answers on a separate sheet of paper, along with your printed name, signature, address and day and night telephone numbers. Enter as many times as you like, but only one entry per envelope. Winners will be selected through a random drawing from all correct entries received, with the odds of winning determined by the number of entries. All entries must be received by Noon, Fri., Feb. 2, 1996.
4. A complete list of winners will be published in the Feb. 11, Sunday *Suburban Journal*.
5. The contest is subject to all federal, state and local laws and void where prohibited by law. The publishers reserve the right to cancel the promotion at any time without prior notice. All taxes are the sole responsibility of the winners.
6. By participating in the Colossal Classifieds Contest the entrants agree to be bound by the contest rules; agree that the decisions of the judges are final; agree to permit the use of their names and photographs in the *Suburban Journal*.
7. Employees of the *Suburban Journal*, Subway, Goedeckers, Altair Travel and their family members are not eligible to win.
8. **PRIZES:** One grand prize winner wins the trip for four to see the Rams play the Saints in New Orleans, courtesy of Altair Travel & Cruises; One 1st place winner wins a 27" Magnavox color TV from Goedeckers; 10 2nd place winners will receive a commemorative Rams football; one 3rd place winner wins a 6 foot Sub sandwich from Subway. One hundred 4th place winners will receive a \$5 gift certificate from Subway.

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Common Abbreviations: M-Male, F-Female, S-Single, D-Divorced, B-Black, H-Hispanic, A-Asian, W-White, C-Christian, J-Jewish, WW-Widowed, ISO-In Search Of, NS-nonsmoking, NO-nondrinking, N/D-Drug-free.

ads from men

ISO Female, 35-45, intelligent, humorous, likes to play outside. Professional DWM, 46, loves his kids, the dog, fishing, reading, music, dining out. #1472

ISO tomboy Lady, Single, 40, brown/blue, seeking medium-build, single, 40, just staying in, ISO honest, sincere, caring, clean, social drinker, smoker. #14637

Jackpot SBM, 33, 6'2, 265 lbs, easy-going, romantic, hardworking single parent, ISO down-to-earth, good-hearted SBW, 21-30, 110-175 lbs. #14696

Karaoke, Tired of same old song and dance? Looking for a guy to accompany me. DWM, 43, 6'20 lbs, St. Charles. #14691

Lonely DAM, 40s, educated, attractive, smart, respectful, like many activities, looking for special Lady to little petite preferred. Race, age unimportant. #14711

Lonely sitting at home. DWM, 58, clean-cut, romantic, caring, ISO S/DW for relationship, possible marriage. #14814

Looking for friendship! Hardworking, intelligent, SM, 38, seeking SF 30-38, 130 lbs or less, for friendship possibly leading to relationship. #14569

Looking for a WM, loveable and honest, spiritual, loves 15 min skateboards, just friends. #14649

Looking for Ms. Right, SWM, 40, seeks S/DW, 29-45, for fun activities: swimming, hiking, movies, theater, anything together. Try me! #14698

Loveable teddy bear, BM, 27, 5'5", 230 lbs, honest, dependable, looking for honest, dependable, fun-loving SF, sense of humor, Agerace important. #14670

Loveable, sensitive, handsome, understanding SWM, 6', 175 lbs, nonsmoker, light drinker. Enjoy cutting, exercising, outdoor activities and art. Seeking Female, 24-40. #14766

Loving, secure DWM, 46, 155 lbs, interests include classic cars, easy-going, long walks, urban communication, ISO WF, height weight proportionate, 30-46. #14724

Metrol east area DWM, 31, 5'9", 165 lbs, father of two, work second shift. Seeking employed, shapely S/DW, 25-35, #14485

Music, good-looking, personable DWM, 40, 5'7", nonsmoker, enjoys working out, outdoors. Seeks attractive, secure S/DW, to share adventure, fun, life. #14793

Neatly dressed and pressed SBM, 38, seeking companion for travel, single, 40, just staying in, ISO attractive, independent SBF. Kids ok. #14771

New to area. DWM, nonsmoker, 43, 6'2", 245 lbs, blonde/blue, seeking classy Lady for fun times, concerts, camping, dining, slow music. #14790

New to area. Ambitious, Texan WM, 32, brown/green, 220 lbs, looking for WF, with ambitious, down-to-earth, ISO S/DW for companionship, relationship. #14628

New Year's delight, SWM, 40s, 5'7", average build, professional, secure, outdoorsy Guy seeking attractive, 30+, honest, humorous S/DW for companionship, relationship. #14628

No strings attached. SBM, 23, 6', 175 lbs, enjoys movies, dining out, sports, spending time with someone special. ISO SBF, 21+, #14509

O'Fallon, MO, DWM, 50, smoker, 6'2", 225 lbs, enjoys quiet evenings, hugs, kisses. Seeking F 40+, height/weight proportionate. Possible relationship. #14772

Open in city. Current river log cabin resident, writer of drama, seeking quality cuddling, conversation with slim, petite, childless Woman, 30s, interested in companionship. #14542

Open-minded, attractive DWM, 38, 6', 175 lbs, blonde/blue, eclectic, love kids. ISO friendship/relationship with intelligent, open-minded, attractive SF, 21-45, race open. #14557

Outgoing DM, 41, 6'2", 200 lbs, sincere, honest, fun-loving, humorous, no children. ISO attractive WF, 30-40, who enjoys outdoors, quiet evenings, adventurous, for serious relationship. #14681

Outgoing person, enjoys sports, dancing, walks. ISO SF, 29-31, #14803

Outgoing, fun-loving, tall DWM, 48, tired of games. Seeking that certain someone to pamper and spoil. 30-40, race unimportant. #14511

Outgoing, fun-loving SWM, 22, 5'6", 150 lbs, medium build, brown/blue, Seeking S/DW, 21-30, who enjoys dance clubs, movies. #14623

Outgoing, sincere, honest SWM, 19, 5'7", 220 lbs, enjoys sports, art, walks. Seeking S/DW with varied interests. #14724

Outgoing, adventurous SWM, 42, 5'7", 220 lbs, enjoys fishing, long drives, quiet evenings. Seeks S/DW, 35-42, for honest, serious relationship. #14742

Outgoing, unique, classy SBM, 38, 5'11", 265 lbs, seeking intelligent, energetic, witty SBF, 35-42, for dining, travel. #14819

Perfect match. We're 20s or 30s, well-built, nls, social drinker, outdoor type. We enjoy romance, exercise, horses and much more. #14804

Physically fit SWM, 55, 5'9", 190 lbs, likes dining, movies, outdoors, quiet evenings. ISO petite to medium lady, 45-57, same interests. #14655

Physically fit, honest DWM, 48, nice-looking, nonsmoker, slender build, enjoys outdoors, animals. ISO sincere, fit WF, 34-48, slender/mid-weight build, bking a plus. #14717

Physically fit, handsome SWM, 24, 5'8", brown/brown, nonsmoker, loves life, movies, sports. ISO attractive, thin/medium build SF, 18-27. #14723

Professional DM, 41, 5'11", 150 lbs, brown/green, with children. Seeking similar DWF in Crestwood, S or C County, for relationship. #14761

Retired military DWM, 44, 5'9", 200 lbs, brown/hazel, nonsmoker, work nights, enjoy quiet evenings. Seeking companionship, possibly more. Illinois. #14731

Retired policeman, SWM, 62, Catholic, enjoy fishing at my cabin. Seeking S/DW, 60+, with similar interests, for companionship. #14542

Retired WW, 57, enjoys traveling and fishing. Seeks SF, 45-60, for friendship and more. #14774

Romantic and loving M, 19, seeks S/DW, 25-32, smoker, for friendship. M who enjoys having fun. #14488

Romantic, shy, good-looking SWM, 37, 5'11", 187 lbs, father of two, enjoys movies, walks, camping. Seeking energetic, attractive S/DW. Must like children. #14689

SBM, 23, 5'11", 185 lbs, ISO attractive/film to medium build SBF, 19-20, 40, race unimportant. #14522

SBM, 32, enjoys dancing, movies; social, down-to-earth, fun-loving, with similar interests, for friendship first, possible relationship. #14648

SBM, 34, enjoys traveling, dining, music and going out. Seeking sweet, caring SF, 18-21, with good personality, for long-term relationship. Race unimportant. #14528

Sincere, honest, easygoing SWM, 38, ISO nls S/WF who wants to travel. Be my reciprocal and golfing companion and friend. #14695

Single dated SWM, 38, 6'1", 170 lbs, brown/blue, fit, healthy, with six-year-old boy. Many active activities. Wish to meet an honest and compassionate S/WF. Health conscious, weight proportionate, with inner beauty. Small children a plus. #14818

Sleepless in Seattle. Attractive DWM, 45, smoker, 5'8", 155 lbs, brown/brown. ISO petite DWF, west port, with varied interests, for friendship, companionship. #14437

Slim SBM, 22, likes music, taking quality time. ISO a special Lady to care for his heart. #14758

SM, 35, looking for SF who enjoys outdoor activities, movies and ice skating, for friendship, possible relationship. #14514

South County housewife: handsome SWM, young 38, 6'2", 185 lbs, seeking nonsmoking, attractive, dependent-free S/WF, under 40, weight proportionate, for relationship. #14700

Spontaneous, good-natured SWM, 26, 6'2", 210 lbs, enjoys cooking, movies, dancing, outdoor ISO kind, good-humored S/DW, for long-term. #14752

St. Charles area DWM, 42, 6', 235 lbs, seeking S/DW, 28-45, for sincere relationship. Enjoy bking, movies, dining, quiet evenings. #14512

St. Charles, 40, intelligent, sincere, reasonably attractive SWM, many interests. ISO sincere, clean-cut, caring, medium to slender S/DW, for long-term, companionship. #14812

St. Peter's, attractive DWM, 29, 5'9", 150 lbs, father of one, ISO S/DW, 25-32, smoker, for fun times, quiet evenings. #14508

Stop, look no further. If you want. Very attractive, sincere, honest, caring DWM, 33, 5'7", 140 lbs, love beauty. #14782

SWCM, 23, Are you a fun-loving, caring person, enjoys being with your loved one and being yourself? If so, call me! #14622

SWCM, 32, 5'8", 170 lbs, blonde/blue, sincere, honest, with traditional values. ISO same like-minded Female. #14692

Sweet, warmhearted, handsome SWM, 34, 5'10", 190 lbs, brown hair, mustache, honest, faithful. Seeking an attractive Lady, 21-36, for relationship. #14778

SWM, 18, 6', 165 lbs, blonde/blue, ISO S/WF, 18-23, who likes to have fun on the town and quiet nights at home. #14631

SWM, 24, honest, fun, intelligent, ISO stable, fun-loving S/WF, who knows what she wants and has the strength to go after it. #14741

SWM, 24, nonsmoker, nondrinker, drug-free, likes movies, country music, snuggling at home. Seeking loyal S/WF for companionship, possible serious relationship. #14807

SWM, 25, 5'11", reddish-blond hair, blue eyes, varied interests. ISO independent S/DW, 20-28, smoker ok, kids welcome. All replies answered. #14664

SWM, 29, 5'8", 175 lbs, enjoys sports, country music and the great outdoors. ISO affectionate WF with similar interests. #14538

SWM, 30, 6'1", 230 lbs, blonde/blue, smoker, enjoys, likes travel, movies, music and more. ISO employed, intelligent SBF, 25+, height/weight proportionate. #14778

SWM, 39, employed, loves indoor/outdoor activities, like romantic evenings, home life and kids. Looking for slender S/WF 30-40, nls. #14507

SWM, 43, 5'10", blonde/blue, seeks S/WF, 35-45, who likes fishing, exploring state parks, hiking, camping, rock and roll, music, traveling. #14815

SWM, 43, loves outdoors, children, romantic evenings, workouts. Seeks fun-loving, sense of humor, average SBF, 35-45, for long-term relationship. #14807

SWM, 45, medium-build, easygoing with variety of interests, would like to meet Female for friendship. #14736

SWM, college student, 18, smoker, enjoys relaxation, excellent, good conversation, music. ISO S/WF, open-minded, openhearted, sensual, spontaneous. #14750

Tall, attractive DWM, 40, enjoys parties, outdoors, kids. ISO tall, attractive SF, 30-45, nls, similar interests. #14791

Tall, handsome, sensitive SWM, 35, engaged in farm life, wants to meet S/DW, height/weight proportionate, same interests. #14559

The perfect gentleman, SWM, 31, 175 lbs, professional, presenting sharp image, sincere, humorous, exciting, athletic, romantic. Seeks confident S/WF, 26-34, #14664

The total package! SWM, 31, 6', 175 lbs, sincere, humorous, fashionable, music, romantic, sensitive, exciting, attractive, professional. Seeking confident S/WF, 26-34, #14651

Wanted: country Gal, 30-38, to share farm life and start family with a farmer. 6'1", 195 lbs, farmer, educated, nonsmoker. #14800

Warmhearted, cultured, firm, traditional Catholic Lady, 40, seeks committed relationship with fun Lady who is fun, romantic, fun-loving, community. #14540

WM, 21, 5'9", 180 lbs, brown/blue, enjoys traveling, movies, dancing. ISO S/WF, 18-23, with same interests, for possible long-term relationship. #14692

WM, 34 ISO fishing buddy, 55-60. Males preferred. #14810

WM, 40s, 5'11", 180 lbs, enjoys outdoors, music, horseback riding and willing to learn line dance. Seeks uncomplicated WF, 30-45, #14727

WM, 50, 5'10", 180 lbs, wishes to meet Lady, 30-40, for uncomplicated relationship. #14751

WM, 52, 6'2", blonde, nondrinker, no children, machinist. ISO slender, tall, 6' plus, N/S, no children, no romance, essential, relationship. #14634

Young 60s, DWM, 6', fun-loving, enjoys traveling, movies, dancing. Seeking an interesting Lady, 48-60, 5'2", for dating, possible relationship. #14544

Young BM seeking outgoing, adventurous SF 20-25, enjoys dining, dancing and movies. #14832

Young BM, 18, like movies, eating out, cooking at home. Seeking any lady who's ready to have fun. #14537

Young-at-heart SM, 64, wants to travel, has trailer and job, want WF driver for companionship and fun. #14662

Young, teddy bear! SWM, 28, 6'2", 230 lbs, looking for S/WF, 19-26, like taking walks, dining out and cuddling. #14750

Please look for more Meet Your Match ads in today's Suburban Journals

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2 Bedroom house with a 3 room house in back. Front house is furnace 2 yr. old. Cnt. Air is 1 yr. old. Back house is 2 yrs. old. All this for \$2,900. LG551



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Nice rooms house with two full baths - nice large rooms - fireplace - garage! All on two lots - Reduced to \$8,900 LG915



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Investors! Attention Please! Want a Dandy? Must carry this multi family. Has great income potential for you. Don't Hesitate. Janet has all the details. LG254



More family than money? Take a look at this 4 bedroom, 4 1/2 acre house in Madison. Has nice carpeting, 3 ceiling fans, newer roof & soffits. only 36,500. LG225



Do It Yourself! or possible investment property. 2 Bedroom investment. Good potential. Call Evelyn for details. LG156



Great Investment for Only \$35,000. 5 Room bungalow with a room apartment. Let Rental help make your payments. Hurry! Contact Neva for all the details. LG527



RE3115. MAGAZINE PICTURE. HOME! Owner put \$100,000 in house built for \$7,500 in land-spending. 3 BR's, 3 baths; full basement; super nice cabinet w/ bar, & more. Located in Granite City. Call **DAVID WALLACE** at 656-8282. 24 hrs. Priced at \$140,000.



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This cozy 3 bedroom frame with white fence is looking for a new owner & the price is right, only \$23,000. LG245



Lowly 1 1/2 Story Home. 3 Bedrooms, family room, all on 2 lots. Priced in low 20's. Ask Neva for more details. LG270



Wants Lots of Storage? 3 Bedrooms, Great floor plan, Family room with fireplace, All on 1 floor. Home Warranty Firm. LG715



Nice big house for the growing family. 3 Bedrooms, could be a 4. 7 1/2 yrs old, basement. Own it for \$9,900. LG567



Investors? Great Rental Property. Could be two family. Clean, neat. Seller may wish to finance. Call Evelyn for details. LG156



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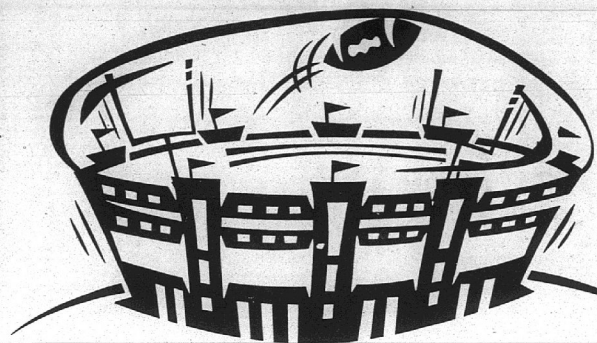
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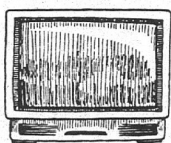
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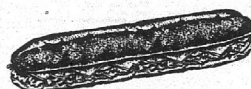
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QUESTIONS

1. What 2 teams played in last years Superbowl?
2. What team won the 1st Superbowl?
3. What is the only team to go undefeated for an entire season?
4. How many Superbowls have the Dallas Cowboys played in since 1990?
5. What city did the Rams originally call home?
6. Where was Rams head coach Rich Brooks coaching before taking over the Rams?
7. Who was the last AFC team to win the Superbowl?
8. Who was the first AFC team to win a Superbowl?
9. When was the last time the Dallas Cowboys finished below .500 in a season?
10. Where is this years Superbowl?

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1. No purchase is necessary to enter and receive prizes. All contest questions and answers will be posted January 28, 1996 in the main lobby of *The Suburban Journals*, at 1714 Deer Tracks Trail. The questions may also be found in the Journal newspapers.
2. You must be 18 or older to enter and win.
3. **HOW TO ENTER:** The contest will appear in the Colossal Classified Section January 28, 1996. Entries must be submitted in writing and may be mailed or hand-delivered to Colossal Classifieds Contest, *The Suburban Journal*, 1714 Deer Tracks Trail, St. Louis, MO 63131. Complete the attached entry form and answer all questions correctly to be eligible to win. **All ten questions, and their correct answers, will appear in the January 28 Colossal Classifieds Section.** You may also enter by printing both the question and the answers on a separate sheet of paper, along with your printed name, signature, address and day and night telephone numbers. Enter as many times as you like, but only one entry per envelope. Winners will be selected through a random drawing from all correct entries received, with the odds of winning determined by the number of entries. All entries must be received by Noon, Fri., Feb. 2, 1996.
4. A complete list of winners will be published in the Feb. 11, Sunday *Suburban Journals*.
5. The contest is subject to all federal, state and local laws and void where prohibited by law. The publishers reserve the right to cancel the promotion at any time without prior notice. All taxes are the sole responsibility of the winners.
6. By participating in the Colossal Classifieds Contest the entrants agree to be bound by the contest rules; agree that the decisions of the judges are final; agree to permit the use of their names and photographs in the *Suburban Journals*.
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Saints Alive holds meeting

The Madison County Association senior adult group Saints Alive met Jan. 8 at Third Baptist Church. A pot luck lunch was served.

President Bob Lewis welcomed members and visitors and thanked the host church for their hospitality. He recognized those having birthdays and anniversaries. "Happy Birthday" was sung to Jean Corzine, Myra Grote, Eva Barrow and Kathy Sargent. "Happy Anniversary" was sung to Bob and Betty Lewis.

Sargent, along with Louise Acocis playing the piano, led in the singing of "This is My Father, World" and "O' Worship the King."

Prayer requests were called for. There were several requests. Ollie Stagsdill will have surgery soon. Corzine led the prayers.

The secretary's report was read and approved. Kathy Affolter, director of family ministries, asked Saints Alive members to bring canned food to the next meeting.

Affolter shared with the group a mission, sponsored by the Baptist Association, called "Jesus' Place," which is located at 1316 19th St. in Granite City. At the mission, they serve hot meals from 6 to 8 p.m. Monday and Friday to those needing something to eat. Also at the mission is Bible study at 7 p.m. on Thursday. Blankets are given to anyone needing them in the association.

The Rev. Bob Carter, mission director of the Baptist Association, explained to the group that a missionary conference will be held March 16-20 at each church in the association.

Dr. Elwyn Wilkinson discussed his plans for a Valentine breakfast at 9 a.m. Feb. 14 at Shoney's Restaurant in Granite City. He also plans a two-day trip to Hannibal, Mo., March 11 and 12, and a trip to Myrtle Beach, S.C., May 6-11. If anyone is interested in attending these trips, they should call 931-6222 for more information. Registration is required.

Barrow brought two special songs, "He Set Me Free" and "Meeting in the Air," to be sung.

The guest speaker was Jerry W. Thomason, Ph.D., of La Grange College. He spoke about the power of prayer. The Saints Alive members thanked Jane Rapala for serving the pot luck lunch and Irene Smith, church secretary, and Bob Lewis for setting up the tables and chairs. Carter asked the blessing on the meal.

The next meeting will be held April 1. The meeting place will be announced at the Valentine's Day party.

Also attending the Jan. 8 meeting were Bryce Jolly, Norma Jolly, Olive Stagsdill, Virgil Stagsdill, Dorothy Watkins, Ellen Douglas, Alice Oxford, Virginia Praski.

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Principal Investigator
Department of Psychiatry
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